

STRENGTH AND CARDIO CLASS

be stronger
than your
strongest
excuse




CHALLENGE
YOURSELF
AND
HAVE FUN !

BEGINNER AND INTERMEDIATE/ADVANCED CLASSES NOW OFFERED AT THE ACC!

INSTRUCTOR:

BRADLEY POOLE, ISSA
CERTIFIED PERSONAL TRAINER

LOCATION:

THE RED ROOM AT THE ACC

WHEN:

BEGINNERS: SATURDAY CLASSES
START FEBRUARY 13TH THROUGH
MARCH 19TH:

*SATURDAY FEB 13TH CLASS WILL BE
HELD FROM 11:30AM-12:30PM

*SATURDAY CLASSES WILL TAKE
PLACE FROM 9-10AM THEREAFTER

INTERMEDIATE/ADVANCED:

THURSDAY CLASSES STARTING
FEBRUARY 11TH THROUGH MARCH 17TH
FROM 6-7PM

WHO:

THESE CLASSES ARE SUITABLE FOR
ALL FITNESS LEVELS AND PERSONS
OVER THE AGE OF 13.

BEGINNERS:

*THOSE WITH NO TO LIMITED FITNESS
EXPERIENCE IN PAST 6 MONTHS.

INTERMEDIATE/ADVANCED:

*THOSE WITH EXTENSIVE TRAINING
EXPERIENCE OF MORE THAN 6
MONTHS.

HELPS TO:

LOSE WEIGHT
BUILD STRENGTH
BUILD MUSCLE
TONE
GAIN CONFIDENCE
IMPROVE MOOD
IMPROVE SLEEP PATTERNS



**IF YOU ARE CURRENTLY EXPERIENCING
MODERATE-SEVERE BACK PAIN, DISK
BULGES OR HERNIATIONS YOU ARE
ADVISED TO CONSULT WITH YOUR
MEDICAL PROFESSIONAL BEFORE
PARTICIPATING IN ANY PHYSICAL
ACTIVITY PLAN**

****PRE-SIGNUPS ARE
REQUIRED!**

SIGN UP INFORMATION:

PLEASE CONTACT
LAUREN POOLE,
ACC WELLNESS COORDINATOR @ 716-
945-8119 EXT. 3702 OR
LAUREN.POOLE@SNI.ORG

**FOR MORE INFORMATION ABOUT THE
CLASS PLEASE**

CONTACT:

BRADLEY POOLE
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