

Qualified Instructors:

Gary Bredehoft, CSCS, ACE CPT

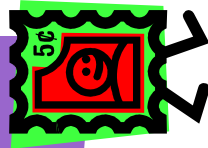
- Certified Strength & Conditioning Specialist
- ACE Certified Personal Trainer
- USA Triathlon Certified Expert Level Coach
- Ultrafit Associate certified Coach
- ASEP Certified Coach
- Red Cross Certified Life Guard

Mary Johnson, ACE CPT

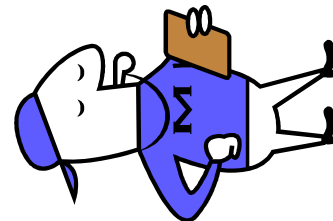
- Certified Personal Trainer, YMCA, ACE
- First Aid CPR Certification
- Certified Nursing Assistant
- Associate of Applied Science, Mental Health

Our Personal Coaching/Training Philosophy

is to share knowledge of the fundamentals of the Activity/Sport with the client or athlete, through safe, enjoyable coaching/training techniques and methods. To assist the individual or athlete in setting, maintaining, monitoring, and achieving his or her goals, while developing self-confidence, discipline, and a feeling of self-worth. Above all, develop a lifestyle that will promote a lifetime of fitness and physical activity.



Tiger Coaching & Personal Training
2110 Winthrop Rd Suite 100B
Lincoln, NE 68502



Tiger Coaching & Personal Training

Strength Training Class



*Learn how to Lift Free Weights!
Enhance your Fitness Program!
Leaner! Stronger! More Confident!*

*Nothing is ever achieved that stays in a dream.....
TAKE ACTION!*

Tel. 402-488-8280
coach@tigercoaching.com
www.tigercoaching.com



Tiger Coaching & Personal Training

TIGER COACHING & PERSONAL TRAINING FREE WEIGHT STRENGTH TRAINING CLASS REGISTRATION FORM

Group Strength Training Class

- Learn how to Lift free weights safely and effectively
- Develop Strength, Tone, & Muscle definition
- Learn about multiple lifting programs & how variety can help you maximize your fitness goals
- Learn Proper Lifting Techniques
- Class tailored to your groups needs, (Olympic lifting, General fitness programs, Youth programs, etc.
- Learn proper fitness & sports nutrition
- Learn & develop abdominal & back exercise
- Learn and Perform Conditioning Drills
- Improve Core Strength
- Stretching Techniques
- Improve Flexibility
- Reach your Goals
- Learn Training Tips
- Fun and variety
- Qualified Trained instructors.

Program Fee:

Two - Three Participants:— 12 sessions \$245

Four - Five Participants: — 12 sessions \$195

Six - Eight Participants— 12 sessions \$135

T-shirts available for - \$5.00 each

Registration Age:

5th Grade to Adult

What to bring:

Bring proper footwear, clothes to workout in, & water Bottle, (weight lifting gloves optional)

Sessions:

Scheduled on an individual group basis. **Form your own groups, or we will form a group for you.**

All workouts approx. 60 min., will be followed by stretching, and nutrition/training tips.

Session #5 will be on Nutrition

Program Location :

Tiger Training Fitness Center

2110 Winthrop Rd. Lincoln, NE 68502

(Aprox. 31st & South Street)



Tiger Coaching & Personal Training

2110 Winthrop Rd Suite 100B

Lincoln, NE 68502

Phone: 402-488-8280

Fax: 402-488-2915

Email: coach@tigercoaching.com

www.tigercoaching.com

Individual registration form required for each participant

(Include registration fee payable to Tiger Coaching)

Participant Name _____

Parent Name _____

Address _____

City _____ State _____

Zip _____ E-mail _____

Phone H. _____ W. _____

Male Female Date of Birth : _____

School Grade Fall 08 _____

Experience level _____

Age _____ Preferred Time _____

T-Shirt size (if purchased) (circle): S M L XL

Program Fee \$ _____ (enclosed)

WAIVER

I know that participating in a conditioning program is a potentially hazardous activity. I should not enter and compete unless I am medically able and properly trained to partake the workouts of this event. I agree to abide by any decision of a Instructor relative to my ability to safely complete the class, as well as abide by any recommendation to withdraw from the class, compete at a slower pace due to weather conditions. I understand that the weather conditions are often hot and humid and there is a danger of heat related injury or even death. I assume all risks associated with competing in this program, including but not limited to: falls, contact with other participants, the effects of the weather, including heat, humidity, traffic, and the training conditions. All such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release Tiger Coaching & its employees, the City of Lincoln, and all Sponsors, their representatives, assigns, and successors from all claims or liabilities of any kind arising out of my participation in this event though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature

DATE

(If under 18, parent or guardian signature)



WEIGHTLIFTING