



# **Building Strength in Your Fitness Classes**

**2 Wednesdays—June 14 and 21**

**Presented by: Kimberly Willison/Mimi Lodoen**

**5:00-9:00 pm (8 hours total)**

**Location: City Hospital Side Room Cafeteria**

**This 8 hour course will include a variety of topics including: The Fundamentals of Strength Training, Equipment Based Strength, Functional Fitness, Combination exercises, and Class Design.**

**Fee: \$99**

Please wear comfortable, workout clothing, & bring a pen and notebook.

Certificate for 8 CEC's  
towards SPRA  
Certification included

To Register: Complete the Registration form and mail cheque to:

Mimi Lodoen

#301-404 Ave.C South, Saskatoon S7M 4M5

or:

Email transfer to [lodoenm@gmail.com](mailto:lodoenm@gmail.com)

*Receipts & certificate will be given at the course.*

# **Building Strength in your Fitness Classes**

## **Wednesdays, June 14 & 21, 5:00-9:00pm**



### **Registration Form**



**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City/Town:** \_\_\_\_\_

**Postal Code:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**I am an SPRA certified fitness instructor:** yes \_\_\_\_\_ no \_\_\_\_\_

**Other certifications:**

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**Do you currently instruct strength based classes?** yes \_\_\_\_\_ no \_\_\_\_\_

**Please indicate your top 3 goals for this course:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

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**Please send this completed registration form with your cheque for \$99**

**to: M. Lodoen #301-404 Ave.C South, Saskatoon S7M 4M5**

**or:**

**Email transfer to [lodoenm@gmail.com](mailto:lodoenm@gmail.com)**

**Receipts & certificate will be given at the course.**

**(please complete form and email back to this address as well)**

**Thank you for your registration! If you have further questions, please email Kimberly at [cm\\_kimberlywillison@hotmail.com](mailto:cm_kimberlywillison@hotmail.com) or Mimi at [lodoenm@gmail.com](mailto:lodoenm@gmail.com)**