

# Now Offering...Powerlifting Class!

Powerlifting is a strength sport. This class will teach you the mechanics of the 3 standard components of powerlifting: squat, bench press, and deadlift. Build muscle AND strength.

6-week sessions  
Thursdays, 1/10 - 2/14, 7 - 8 p.m.,

Training Solutions  
203 W. Wisconsin Avenue  
Pewaukee, WI 53072



**Class Fee: \$15 per class  
or \$90 for full session**

Register online at  
[www.trainingsolutionswi.com](http://www.trainingsolutionswi.com)

**Class requires a minimum  
of 6 participants**