



STRENGTH CAMP

JUNE 6TH - JUNE 29TH
TUESDAYS AND THURSDAYS
11:30AM - 12:30 PM
8 CLASSES FOR \$60
MEET IN THE LOBBY OF ASRFC

Weightlifting class for lifters ranging in skill from BEGINNER to ADVANCED. An emphasis will be placed on developing PROPER MECHANICS and STRENGTH DEVELOPMENT.

Open to students, faculty, and staff. Participation is limited. Membership is required.

PLEASE REGISTER IN THE ADMIN OFFICE, #103.

 **FITNESS**
kufit@ku.edu



