**Total Body Strength** (Intermediate Level)

Intermediates are the next level up from beginners. If you have been weight training consistently with guided instruction for the last 6 months or more, then you most likely qualify as an intermediate trainee. Exercises will include a mix of compound and isolation exercises for increased strength, balance, and mobility.

\*Please bring your Clarkson ID, a change of clean athletic shoes, a water bottle and towel.

\*No refunds on classes

Start Date: January 17th, 4-week duration

Day/Time: T & TH, 12:10-12:45pm

Cost: $65, drop-in fee is $10 per class

Location: Back room of Deneka Fitness Center

Instructor: Kelly Norman

Class capacity = 15

Please click the link below to register.

<https://clarkson.universitytickets.com/w/event.aspx?id=1763>