

TAC High School Weight Training Classes

Description: Timberhill Athletic club is offering group weight training classes for high school students. These classes are designed for beginners, advanced and/or sport specific abilities during this remote learning school season. Classes will be 60-min classes, two times a week, for 4 consecutive weeks. All classes will be led by a certified personal trainer from Timberhill, ensuring safety and proper form. Classes will also follow Covid-19 state and health guidelines during every session. Six participants maximum per class.

Any Questions please contact Miguel, Bella or Steve. 541-757-8559

8 classes, 4 weeks.

TAC members: \$80

Non – Members: \$100

Classes: Wednesdays and Fridays 10:30 – 11:30 AM

 Mondays and Wednesdays 4:00—5:00 PM

 Tuesdays and Thursdays 4:00—5:00 PM

First session starts the week of September 21st

Second session starts the week of October 26th

Weight Training Class Questionnaire

Name: _____ AGE: _____

Please circle: Session: 1 (Sept 21st) Session 2 (Oct. 26th)
Wed/Fri @ 10:30 am Mon/Wed @ 4pm Tues/Thurs @ 4pm

Medical concerns/conditions:

Weightlifting experience (please circle): Beginner Intermediate Advance

Parent/Guardian(s): _____

Anything we need to be aware of:
