

The LIFT Club seeks to leave members not only with a better knowledge of strength training and the self-confidence to LIFT, but also to build a new community of strong, inspired women like yourself.

LIFT Club sessions will be attended and overseen by a trained fitness staff member.

There are no levels; there is only effort, group motivation, and progress.

All you need to do is show up ready to work, willing to fail, and excited to cheer others on.



**Collins Aerospace**

REC CENTER

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## When is LIFT?

Join us on Thursdays from  
6:30-7:30 PM

LIFT club meets in the Fitness Classroom for a brief workout explanation and then continues on the strength training floor.



Each LIFT Club session will include a new strength training workout-of-the-week designed to challenge all muscle groups, followed by a short, calorie-blasting HIIT workout filled with exercises carefully selected to improve overall conditioning.

## What is LIFT?

LIFT is a FREE all-female strength training community aimed to educate, empower, and inspire women of all shapes, sizes, fitness, and lifting backgrounds.

Within the LIFT Club workouts we will focus on foundational weight lifting techniques and proper use of weight lifting machines as well as various dumbbell and cable machine movements.

Gaining confidence while training with weights can be easy with a bit of guidance....plus a little bravery.

