



## West De Pere Staff Strength Training

**When:** Tuesday/Thursday 5:00pm to 5:45pm

First Class for the Fall Session: September 6<sup>th</sup>

**Where:** High School Weightroom. Enter through Weightroom Door (Door 8, next to the soccer field.)

**Cost:** Free!

Tanner Gussert, our Strength and Conditioning Specialist from Bellin Health, is offering a strength training workout twice a week open to all West De Pere District Staff. Tanner has been working with our student athletes for the past 12 months and has offered this staff class for the past 6 months. More opportunities, classes, and diverse workouts can be added based upon popularity and availability.

The program will include 45 minutes of strength training, instructed by Tanner, and can be tailored to fit any experience and fitness level. Full body strength, core strengthening, posture improvements, and injury prevention will all be focused on during each session.

Research shows that a 45 minute strength session has a significantly larger impact on overall fat and weight loss compared to 45 minutes of standard cardio. Come find out why!

Tanner is a Certified Strength and Conditioning Specialist, Certified Fitness Nutrition Specialist, and Certified USA Weightlifting Coach. Utilize Tanner and these sessions to help attain your fitness goals!



**Tanner Gussert, CSCS, FNS, USAW1**  
Strength and Conditioning Specialist  
Bellin Health Sports Medicine