

UTAH STATE

Fit Over 50

Saturday June 28th 9AM-1PM

At the New ICON Sports Performance Facility Next to Romney Stadium

Seminar conducted by USU Strength and Conditioning Staff

Resistance Training for Weight Loss

Working Around Health Issues

Cardiovascular Considerations

Recovery Methods

Fitness Programming

**Nutritional Considerations for
Sustained Health**

**\$125 per participant enrolled before June 7th
or \$150 at the door**

Email Alan.Bishop@USU.Edu
Or call 435-797-3638 to enroll
Payment by check only
Please Include your name and
email upon enrolling

Checks payable to
DS Fitness Consulting
7425 Old Main Hill
Logan, UT 84322



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*Dates and times subject to change *The seminar maybe cancelled based upon low attendance