



# GLUTE AWAKENING

**Who:** Experienced fitness enthusiast looking to build the glutes and learn new ways to target the core.

**Where:**  
Valley Athletics –Training Studio

**Sessions (3 weeks):**

Tues. Apr. 10 5:30-6:15pm  
 Thurs. Apr. 12 5:30-6:15pm  
 Tues. Apr. 17 5:30-6:15pm  
 Thurs. Apr. 19 5:30-6:15pm  
 Tues. Apr. 24 5:30-6:15pm  
 Thurs. Apr. 26 5:30-6:15pm

**Cost:** \$67.50

**Minimum of 3 participants for session to run.**

**Register** at the front desk of Valley Athletics. Registration deadline is April 3rd.

**Information & Contact:**

Alec Jensen - [alec.valleyathletics@gmail.com](mailto:alec.valleyathletics@gmail.com)  
 Courtney Kenneke - [courtney.valleyathletics@gmail.com](mailto:courtney.valleyathletics@gmail.com)

Have you been in a slump? Do you want to firm up your peach? This isn't your average "Butts & Guts" group fitness class.

Personal Trainers Courtney and Alec have teamed up to bring you the perfect program for the experienced fitness enthusiast who's looking to hit every part of the glutes and strengthen the core.

Your glutes are the largest and strongest muscles in the body. Strengthening the glutes can help improve posture, and make sitting, standing, and climbing stairs easier. Strong glutes can also improve athletic performance and decrease risk for injuries.

We'll be incorporating a combination of vertical, horizontal, lateral and rotary planes of motion using various equipment including barbells, dumbbells, resistance bands, and much more. No warm-up included, come ready to work!

*\*All new participants will get a free #Valleyathlete t-shirt as well!*

### Registration Form

\_\_\_\_\_  
 First Name Last Name Date of Birth ( / / ) Phone Email

\_\_\_\_\_  
 Address City State Zip Code

Program Title: \_\_\_\_\_

Payment required at time of registration.

**Method of Payment (Circle One):** Cash Check Master Card Visa Member Account **Amount Paid or Charged to Member Account \$** \_\_\_\_\_

\_\_\_\_\_  
 Credit Card # CVV Exp.

**WAIVER**

*I understand that acceptance of my registration is without assumption of responsibility of any kind by employees of Valley Athletics. In consideration of the acceptance of my registration, I do forever release and discharge the foregoing form any and all claims for damages; losses or injuries that I may suffer in connection with Valley Athletics, including those, which arise out of ordinary negligence.*

\_\_\_\_\_  
 SIGNATURE DATE