



West De Pere Staff Strength Training Fall Schedule

When: Tuesday/Thursday **4:45pm to 5:30pm.** First Fall Class is Sept. 5th

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

Cost: Free for any district staff member. And spouse under district insurance.

Tanner Gussert, our Strength and Conditioning Specialist from Bellin Health, is offering a strength training workout twice a week. Tanner has been working with our student athletes for the past two years and has offered this to staff for over a year. Those who have committed and made this class a regular part of their week have experienced great results!

Tanner will instruct a 45 minute workout focusing on full body strength, core, and flexibility. The ultimate goal is to build lean muscle mass in order to better increase your body's resting metabolism. This increase will eventually lead to long term weight loss. The exercises Tanner incorporates are also geared to help improve posture and strengthen areas of the body that typically break down and experience pain as we age.

Personal Success Stories:

"So far I have lost 22 pounds and feel so much better throughout the day! This class has also motivated me to improve my nutrition as well."

"I have noticed I am getting stronger, and my body doesn't hurt much anymore. Every morning my Achilles, back and knee hurt. I have a lot less pain and sometimes not at all."

"When West De Pere began offering the strength class, I had no idea the impact it would have on me. I have been attending class with Tanner twice a week for the past six months or so. As a woman in her 50's struggling with Rheumatoid arthritis, osteoarthritis and obesity, the first classes were very challenging for me. I was unable to do many of the exercises at first. Just lifting the bar without any additional weight was hard! I have gotten stronger every single month and have been able to do more and more. Throughout this journey I have lost 60 lbs, lowered my blood pressure and increased my muscle strength and endurance."

If Interested please email Tanner: tgussert@wdpsd.com