



## West De Pere Staff Strength Training Fall Schedule

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

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

**Cost:** Free for any district staff member and spouse.

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 three years and has offered this to staff for over two years. 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 and core. 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.

If Interested please email Tanner: [tgussert@wdpsd.com](mailto:tgussert@wdpsd.com)