



## West De Pere Staff Strength Training Schedule

**When:** Tuesday/Thursday **4:30 pm to 5:15 pm**

**Where:** High School weight room. Enter through weight room door (8A next to the soccer field.)

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

Zack Hilbert, our Strength and Conditioning Specialist from Bellin Health, who works with the athletes at the school is also offering a strength training workout twice a week for staff members. Zack started here within the first couple weeks of the school year and has continued on with the same schedule that was in place.

Zack will instruct a 45 minute workout that focuses on full body strengthening and core. While Zack is present he will watch for proper form and lifting technique through the programs he puts together. Making this class part of your regular routine can produce some positive results in body composition, strength and improving posture and possibly eliminating some of those aches and pains that are experienced through the ageing process.

**If interested or have questions please email Zack: [zhilbert@wdpsd.com](mailto:zhilbert@wdpsd.com)**