

**Montgomery College Takoma Park  
Wellness Connection**



**FREE WEIGHT TRAINING PROGRAM**

**12-weeks**

**September 10 -November 30, 2007**

**Fitness Trainer: Clovia Cox**

**Individual Orientation Sessions: Week of September 10<sup>th</sup>  
(Schedule yours during regular Wellness fitness center hours)**

- During your orientation session, Clovia Cox, the fitness trainer will provide an introduction and overview of free weight training, take various body measurements, help to set goals and design a work out to meet those goals.
- Participants will be encouraged to workout 30-45 minutes, 3-4 times each week, a minimum of two workouts a week will be required. The fitness trainer will be at the fitness center five days a week during Wellness Program fitness hours to assist participants with any questions that might arise, and to adjust workouts as necessary.
- Each participant will have a work out card on which they record their workouts – e.g. date with weight, sets and reps. Participants will be measured for their progress at the beginning of the program, at the mid-point and again at the end.
- Each participant who signs up for the program will receive a pair of weight lifting gloves.
- At the end of the program prizes will be awarded to those who make the most progress toward their goals, lift the most total weight over the course of the program, complete the most workout sessions, and show the greatest girth/body fat improvement.

The fee for the program is \$50 and is payable with EAP funds, or with cash/credit card at the cashier's office.

All participants must complete a registration/EAP form and sign a waiver. Go to <http://www.montgomerycollege.edu/wellness> for these forms and instructions on how to enroll.