

TRANSIT TITANS



Weight Training Program

- Intimidated by gym equipment?
- Interested in learning more about safe lifting techniques?
- Motivated to hit the weights if you had a specific program to follow?
- Wish you had comradery at the gym to keep you accountable?



Mandi Singleton, member of RTD's Learning and Development team, and a competitive power lifter, would like to bring together employees interested in participating in a guided workout program. No prior experience necessary. This program will be adaptable to all levels of experience.

Want to know more? Scan the QR code below for a brief survey to help us schedule in person instructional and informational sessions.



PLEASE NOTE: Participation in this program or any exercise program at RTD's wellness centers is entirely voluntary. Maintaining the physical ability to perform your essential job functions is not a work-related activity. All participants are responsible for determining whether they are physically able to safely participate, and RTD recommends consulting with a physician before engaging in any exercise program. To access and use all RTD wellness centers, employees must have a signed wellness waiver completed through their Workday account.