

good health  
matters



Bon  
Secours  
Sports Performance



## Exercise Education and Training Session

### Correct Exercises and Techniques For SUCCESS!

This is a great session to attend if you would like to:

- build a successful exercise program that you can stick to
- learn how to properly use the most common exercise equipment at any gym
- practice proper exercise technique under the watchful eye of an experienced exercise professional

This session will begin with a 45-minute educational portion including an overview of how to build your exercise plan, followed by a 45-minute training session in the gym to put your plan into motion. Brandon Johnson CSCS, FMS, USAW from Bon Secours will lead this great class.

**Date:** Wednesday, March 21

**Time:** Plan to arrive early to change clothes – session runs 5:30 – 7:00 p.m.

**Location:** Bon Secours Washington Redskins Training Center; 2401 Leigh Street



**Cost: \$10 per person (WE-FIT will pay the remainder of the fee)**

*Registration required - contact Denise Heer at 646-0007 or [denise.heer@richmondgov.com](mailto:denise.heer@richmondgov.com) to reserve your spot.*

*This session will be limited to the first ten employees you register and pay.*