



with Lauren Craft

FREE Trainer Workshop

Strength and Cardio

Why both are important for your routine.

**Friday, September 7th at 11am *or*
Thursday, September 20th at 6pm
1st Floor Conference Room**

There are a lot of preconceived notions when it comes to strength and cardio training. Many individuals believe that if they participate in strength training then they will begin to look “bulky”, and some believe that if they participate in cardio training then they will not be able to build adequate muscle. In reality, it is important to intertwine both types of training into your training regimes. This workshop will help you create a plan for an overall body workout, improving both strength and cardiovascular components.

Register: Please call the Fitness Desk at (262) 513 - 7214 or email Anne.Barber@phci.org