

The Custom Fit Barbell Club will be dedicated to the craft of Olympic Weightlifting with a detailed approach, attention and progressive programming towards the Snatch and Clean & Jerk.

Open to all levels, class will meet every Tuesday at 6:30 PM. This is the time to feed off other team members, get individualized and hands on coaching and stay accountable to yourself and others. Everybody will have additional independent outside assignments based on your desired level of commitment (2, 3 or 4 days/week).

In addition to the weekly meeting time, for \$60/mo, you will be provided with customized programming, regular video coaching and a free open gym membership to do your scheduled assignments. Help will also be available to coordinate this program into or around your current fitness regime at the individual level.

The Custom Fit Barbell Club will begin on Tuesday, January 10, 2017 and registration is now open. In the programs' early stages, it will be capped at 6 people but may open to more (or additional class times will be created) with time.

Please e-mail me to reserve your spot; they will be first come first serve.

Chris  
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