

## Get Ready for SPORT SHAPE

Starting this summer The Weight Club is offering a strength and conditioning program for middle and high school students. If you want to get fit, stay in shape, or have fun working out with friends then you

should check out Sports Shape!



For more information please contact  
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Blacksburg  
Health and Fitness  
At the  
WEIGHT CLUB

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Sport Shape is a program designed for middle and high school students that want to excel in their sport and overall fitness. After discussing your goals with a trainer your workouts will be tailored to your specific needs while keeping your sport's requirements in mind. Groups will work towards improving overall strength, speed and agility, conditioning, and flexibility. Whatever you choose to work on you can count on having fun and getting a great workout!



# Sport Shape

## Meet The Trainers

**DeWayne Moore** is a NASM certified personal trainer, and Corrective Exercise Specialist focusing on injury prevention.

**Laurie Hines** is a NSCA certified personal trainer. She has worked as a graduate assistant for VT Strength and Conditioning, and ran track at JMU.

**Vaughan Twigger** is an ACE certified personal trainer. He played rugby and professional soccer in England.

**Kurt Weidner** is an ISSA certified personal trainer. He played collegiate hockey and spent 3 years coaching soccer, hockey, and track.

## Training Programs:

### Speed & Agility Training

General training that caters to a broad spectrum of athletic goals. Athletes will improve endurance, mobility and coordination.

### Sport Specific Training

Focused program that targets the needs of the athlete according to their sport. Athletes will improve strength and stability through weight training and sport specific drills.

**Times:** Tuesday/ Thursday/  
Saturday

**Location:** The Weight Club

### Rates:

	Sport Specific Training	Speed & Agility Training
Cost*	\$125	\$60
Minutes	75	60
Group Size	4-5	8-12

\*charges include one month membership to the gym and one month of training\*