



6-WEEK FALL STRENGTH PROGRAM

with certified trainer, Shadow Rohloff

OCTOBER 15TH-NOVEMBER 22ND
TUESDAYS, THURSDAYS & FRIDAYS
8:30-9:15AM

TUESDAYS- TRICEPS, BICEPS + SHOULDERS
THURSDAYS-LEG DAY
FRIDAYS- CHEST, BACK + CORE

Cost: (18 sessions)
RFC members \$99
Non-Members \$125
Capped at 8 people



Increase muscle + gain strength with our 6-week Fall progression strength program led by Certified Trainer, Shadow Rohloff, held in the RFC fitness room. Focus on specific muscle groups, 3 days a week, & work to get stronger with proper form & a large variety of strength exercises. Get comfortable in the weight room with this 6-week program designed to provide accountability, motivation & structure to your strength training routine. We will optimize our workout time by targeting specific muscle groups and increasing reps or weight to build lean muscle in the body.

CONTACT SHADOW TO SIGN UP BY OCTOBER 11TH
OLS07527@MORRIS.UMN.EDU

