



WORKSHOP

BUILD YOUR OWN PROGRAM

WITH KATY JERICICH

Learn to create an intelligent training program for yourself using a simple and efficient system to get results no matter the goal. You'll learn how to prioritize and breakdown your training day, week, month, and compile it into a yearly plan. We'll cover rep-ranges, loading strategies, and the importance of rest and recovery. Whether you are after increased strength, fat loss, hypertrophy, or general health and fitness, this all level workshop will provide the tools to create and evolve a personalized program that you can implement right away.

Saturday, April 28th
1:30-3pm
Strength Studio

\$40 | \$30 FOR MEMBERS

*RSVP at Studiomix.com under
FIND A CLASS then WORKSHOPS*

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