

YMCA Master Trainer Lecture Series

Presented by Master Trainer Reba Knickerbocker M.S., C.P.T.



New or Returning to Exercise?

- *Defining "health"
- *Exercise for beginners
- *What works for you
- *How to progress your program

Date: Saturday, 1/23/10
From 10 am to 11 am
Multipurpose Room, Ground Floor

For Athletes

- *Sport Specific Training Defined
- *Periodization Defined
- *Goal Setting
- *Injury Reduction

Date: Saturday, 2/13/10
From 10 am to 11 am
Multipurpose Room, Ground Floor



Reba will discuss the following topics and answer any questions you may have on exercise, health, and wellness.