

AGA STRENGTH & CONDITIONING CLASS!



Todd Berner

**Head Strength & Conditioning Coach
At Northern State University**

ONLY \$100 for all summer!

(Can do 4 payments of \$25 with first payment due upon registration)

May 31st – August 18th

Monday 8:30-10:00 am

Tuesday 8:30-10:00 am

Wednesday 8:00-9:30 am

Thursday 8:30-10:00 am

Todd Berner joined the NSU staff in January 2010. Todd comes from Winona State University, where he spent 4 years working in their Strength & Conditioning program. He was an adjunct professor in WSU's Health, Exercise & Rehabilitative Science department. He also spent time coaching the pole vaulters for WSU's women's track team. Todd has a degree in exercise science from the University of Nebraska. Todd holds his strength and conditioning specialist certification from the National Strength and Conditioning Association and is also a USA weightlifting certified Level 1 Club Coach. Todd also spent some time with the Winona College Gymnastics Team, so he has great understanding of what the gymnast body needs to stay strong and injury free!

REGISTRATION DUE: MAY 23RD

CUT _____

NAME _____ **AGE** _____

ADDRESS _____ **PHONE #** _____

Medical History the AGA should be aware of: _____

Please make \$100 payment to AGA. Enclose the bottom portion of this flyer with payment and mail to: AGA - PO Box 1861, Aberdeen SD 57401