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Blake's Barbell Club



Are you interested in increasing your strength in the squat, bench, and deadlift?

Look no further, four-time USA Powerlifting gold medalist and JCC Personal Trainer Blake Piesto is here to help!

All participants will receive an eight-week customized program designed to improve their three core lifts. Your program will be updated each week based on your progression. During your first session you will test your squat, bench and deadlift and Blake will answer any questions you have. At the end of the eight-week program you will meet with Blake to measure your progress and test for new personal records.

**Sign up for 8 consecutive weeks at a time
\$150/Members | \$200/Guests**

**Rosenbloom Owings Mills JCC
Contact Blake Piesto at 410.559.3535 or bpiesto@jcc.org**