



Sugi School of Health & Fitness

1924 B Oak Park Blvd. Pleasant Hill
925.588.2727 www.SugiHealth.com

Sugi Workshops for the General Public

Sugi Fitness™

Complete Fitness Without Effort™

Strength

February 3 - 4

Sat. & Sun., 10:30 a.m. – 4:30 p.m.

Fees: \$235

Whether you are out of shape, an injured athlete or looking to enhance the benefits of your personal training business, Sugi Fitness is a simple and practical solution.

The Sugi Strength workshop will give you a complete system for increasing your strength effortlessly with new concepts about strength and how to gain it. Topics covered will be:

- Anatomy and Physiology of Strength
- Floor Exercises
- Forms to assist you
- Weights, props and machines

Benefits of this Sugi Strength Workshop –

- Increase strength regardless of age or injury
- Remove the pain from your workout or exercise routine
- Reach your strength goals with ease
- Gain knowledge that travels with you – home, gym, office or on the road!

Upcoming Sugi Fitness Workshops
With Ofer Erez

- **Flexibility** - March 10 & 11
- **Stamina** - April 21 & 22
- **Breathing** - May 5 & 6
- **Balance and Coordination** -
June 9 & 10
- **Agility** - July 14 & 15

Make checks payable to **Sugi School of Health and Fitness (SSHF)** and send to:
1924 B Oak Park Blvd., Pleasant Hill, CA 94523

Name _____

Email _____

Address, City and Zip _____

Phone _____ Workshop Title: Sugi Fitness – February 3 & 4, 2007