



- Client of the month - Betty Ann Boeving
- 2 Great Lectures in December!
- Young Athlete Strength Program
- Lost and Found

Client of the month - Betty Ann Boeving

Betty Ann came to FIT four months ago, following six months of disability due to a low back injury. Having previously played Collegiate Basketball for University of Oregon, she was eager to return to her pre-injury state but very fearful of re-injuring her back. She can now clean and jerk 37.5 kg, squat 125 lbs, and deadlift 45 kgs. Last month she successfully completed the rigorous 2 day hike in to Machu Picchu (in Peru) and back down. Her goal now is to get back to playing hoops and hopefully improve her vertical jump from where it was throughout her collegiate career.

[Click here for more info](#)



2 Great Lectures in December!

The last two lectures of the year are on the calendar and we've saved the best for last! December 10th & 18th.

RSVP by replying to this email.

[Click here for more information](#)



Young Athlete Strength Program

The Young Athlete Strength Program is designed to increase general strength in young athletes. It does not deliver fancy exercises nor will it spend time doing sport-specific drills. The young athletes are already receiving sport-specific training when they practice or play their sports. Members are coached and supervised closely so that they learn correct techniques and achieve training goals. Most importantly, everyone is empowered with knowledge and familiarity to participate in an exercise program for the rest of their lives, well beyond their sports.

All participants will become self-sufficient and will learn good habits in a weight-room environment. They will learn to work with each other to accomplish their training goals. Finally, they will learn to track and progress their own training program. Everyone receives handouts for each class' assignment. Each program is 12 weeks and costs \$300 per individual.

Space is limited.



[For more information](#)

Lost and Found

Over the past year we have assembled quite a nice collection of goodies including one Chopard watch and an array colorful winter garments. If you have misplaced anything please reply to this email.



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Visit - www.focusedtrainers.com
Call - 650-947-9831

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