



weightlifting  
**Pegasus**



# Pegasus

## Olympic Weightlifting Club

### *A Stronger Future*

- ✓ muscular coordination
- ✓ strength
- ✓ power
- ✓ balance
- ✓ speed
- ✓ flexibility
- ✓ self-discipline
- ✓ self-belief
- ✓ motivation

It is also a great way of losing unwanted weight and toning up!

**Pegasus Olympic Weightlifting Club** has excellent equipment, spacious layout, experienced coaches and is affiliated to British Weightlifting. We offer Olympic Weightlifting training and competition opportunities.

You do not need any previous experience to join in the sessions.  
All ages (9 years – adult), shapes and sizes are welcome.

***Challenge Yourself! Be part of Pegasus Olympic Weightlifting.***

Recreational Olympic Weightlifting Classes:			Competitive Olympic Weightlifting	
Monday	6pm - 7pm	16yrs - adult	Monday, Wednesday, Friday 5pm – 6pm	Saturday 11am – 12MD
Wednesday	6pm - 7pm	9yrs - teens		
Friday	6pm - 7pm	9yrs - teens		
Saturday	10am -11am	9yrs - teens		
Saturday	11am –12MD	16yrs - adult		



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