



204 Strickland Street Whitehorse, Yukon Y1A 2J8

867-689-4894

northernstrengthacademy@gmail.com

northernstrength.ca

Northern Strength Academy

Course Description: Introduction to Strength & Functional Movement - In this experiential course you will learn the science and best movement practices behind strength training and functional movement.

You will learn Primal Movement Skills and how to incorporate them into your training, lifestyle, and to support those you work with, coach, and teach.

Primal Movements include – Squat, Hinge, Lunge, Push and Pull – Throughout the duration of the program, participants will receive instruction on how to complete exercises and movements that develop primal movement skills, increase capacity, and learn how to improve areas of immobility or asymmetry. During sessions participants will safely work through a professional strength and functional movement program with one of NSA's certified strength and conditioning specialists. Once participants have completed the program – both in person and reading material, they will receive a certificate of completion.

Duration/Requirements - Classes for 12 or 16 weeks consisting of 2 – 3 classes per week. Courses are Asynchronous, so you can begin anytime that works best for you. **Cost – \$47.5 2 classes per week** - 12 week total \$570, 16 week total \$760 **Cost – \$71.25 3 classes per week** - 12 week total \$855, 16 week total \$1,140

Contact NSA for more information ~ NorthernStrengthAcademy@gmail.com or 867-689-4894