

PUSH / PULL

SEMINAR AT VIRTUS INSTITUTE

This is your chance to work in a small group setting with one of the pound for pound strongest lifters in the world, Micah Marino. Micah is traveling to Virtus Institute, Saturday September 2nd from 12pm until 4pm, to give hands on instruction. Participants will get to work in small groups, hands on, in a "learn by doing" format. Participants must come prepared to Lift and Learn. Micah will also be available after instruction for a question and answer period with demonstrations. Do not miss your chance to receive world class instruction. Registration is open to the first 50 participants. Once the cap has been hit no more registrations will be accepted.

SATURDAY SEPTEMBER 2ND

12PM - 4PM

\$30

For more information please contact Nicole Cribbs (724) 493-5114 or Nicole@virtus-institute.com

Name: _____ Age: _____ Birthdate: _____

Address: _____

Phone: _____

Email: _____

Payment Type: Check Money Order

Payment by check or money order only, made payable to: Virtus Institute

Mail or Deliver to Virtus Institute: 643 North Main Street, Greensburg, Pa 15601