

成功

# Jessica Glasow

Elite Sports Performance



## Strength and Conditioning Training for Riders

**With Jess Glasow**

**BD trainer and REPS level 3 Personal Trainer (incl, GP referrals, Ante & Post Natal & Seniors) also trainee Strength and Conditioning Coach**

**At 'V2 Strength & Conditioning', 8 Lincoln Enterprise Park, Newark Road, Lincoln LN5 9EJ**

**Commencing Wed 15<sup>th</sup> Sept 2010**

**7pm – 8pm session**

**A six week introductory course - £45 or £48 to BD non members**

**To book** Download an application form from the BD website (Northern page) and send to Jess Glasow: The Willows, Halton Fen, Spilsby. Lincs PE23 5BE. Cheques made payable to BD. Applications close on Mon 6<sup>th</sup> September. Numbers are limited. Late applications may be taken if space allows.

**What clothing?** Gym clothing eg. trainers, tracky bottoms or shorts, T-shirt and jacket. Anything you are comfortable in, baggy clothing or skin tight, it doesn't matter.

Any queries about the course please contact Jess on 07747055951 or email [info@jessicaglasow.com](mailto:info@jessicaglasow.com)

For further information about the venue please visit [www.v2strengthconditioning.wordpress.com](http://www.v2strengthconditioning.wordpress.com)