



HIGHLAND

PARKS & RECREATION... *The FUN Theory!*

Ph: (618) 651-1386 • 1 Nagel Drive • www.highlandil.gov

HIGHLAND BARBELL CLUB @ KRC

The Korte Recreation Center would like to welcome Dave Coulby and the Highland Barbell Club! Dave will be teaching a series of classes and personal training. Here is a little more about Dave:

Dave Coulby: Who is this guy?

My interest in fitness began in rural Maryland. I grew up on the farm but took quickly to sports. I was blessed athletically and have competed in numerous sports, team and individual (volleyball, soccer, softball, tennis, karate, ping pong). At 17, I joined the Air Force to see the world and was stationed just outside Omaha, Nebraska. Here I met and married my sweetheart wife, Lori, and have 4 terrific kids. I have a full-time job with a Defense Contractor, serve in the Air Force Reserves part-time, and am now starting this business.

My journey with Crossfit began as I was training for a marathon. Needing something to keep the rest of me strong whilst running, I took up some of the workouts. Needless to say, I was hooked. Since my first Crossfit workout in 2005, I have come a long way. I currently hold a **Crossfit Level-1 Certification** and **USA Weightlifting Sport Performance Coach Certificate**. I figure, if you can still feel (and sometimes act) like a kid, you're doing well. My goal is to safely, efficiently, and effectively coach people of all ages (and yes, I mean those over 50) and to find each person's inner kid/athlete.

Register at the KRC front desk:

Group Classes* ~ June 4th - June 27th			
Day	Time	Member Fee	Non-member Fee
Mon, Wed	7:00pm	\$65	\$75
Fri, Bonus class	7:00pm	\$10	\$14

Group classes will be held in the gym and back stairwell. This class is broad, general and inclusive. Its specialty is in not specializing!

Personal Training ~ By appointment (details at registration)			
Day	Time	Member Fee	Non-member Fee
1 Session	By appointment	\$50	\$55
6 Sessions	By appointment	\$276	\$304

Everything from weight loss, nutrition, muscle mass and sport specific - Dave has you covered!

* Level II & III - **Intermediate to experienced**. Mid to extreme-impact.