



TRAVIS WARNER has been with the Community Colleges of Spokane since 2005. Travis is the CCS head strength and conditioning coach. He has a Master's degree in Exercise Science, and is a Certified Personal Trainer and a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association. He is also a former U.S. Army Airborne Ranger.

Contact Travis at TravisW@spokanefalls.edu or 509 533-4105

RYAN WEIDMAN is the CCS assistant strength and conditioning coach and track & field throwing coach at CCS. He is NSCA-CPT certified, USATF level 1 certified, two time USA championship competitor in the javelin, and one Olympic trial in the javelin; ranked in the top 20 in the nation.

Contact Ryan at RyanW@spokanefalls.edu or 509 533-3045



**Get in shape
this
summer!**

BIGFOOT TOTAL FITNESS BOOT CAMP

June 29 to August 5, 2009

#8925	Monday & Wednesday	6:30am-8:00am	SFCC Weight Room 7-115	\$80
#8926	Monday & Wednesday	11:30am-1:00pm	SFCC Weight Room 7-115	\$80
#8927	Monday & Wednesday	4:30pm-6:00pm	SFCC Weight Room 7-115	\$80

Bigfoot Total Fitness Boot Camp will cater from the beginning to advanced conditioning level and also to anyone just starting to workout to the elite conditioning level.

To Register, Call 509 533-3140

