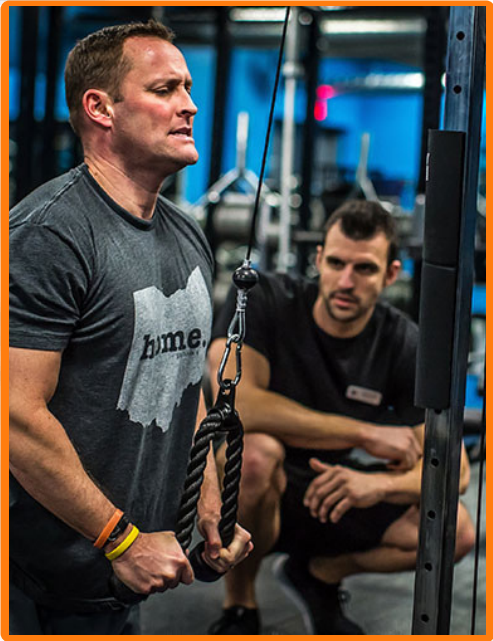


EXERCISE SETTINGS



STRENGTH SOLUTION (SS)



We're here to school you in the science of strength training so you actually get the results you're looking for. As a client in the Strength Solution class, you'll be given a custom program specifically tailored to your goals--whether you're a high schooler with no experience, an avid gym-goer, or someone who just wants to keep up with your kids and grandkids. A certified AFS coach will work their way around the room, individually cueing your form and educating you on what you're doing and why. Our model is simple, yet effective: [provide you with personal training at a fraction of the cost.](#)

Perfect for:



MUSCLE GROWTH



ATHLETE
DEVELOPMENT



INJURY REHAB



BONE HEALTH



BUILDING
STRENGTH



ALL FITNESS
LEVELS!

How do I try a class?

- 1 Login to the AFS Connect app and register for a time
- 2 Let an AFS coach know you're interested so they can create a "first workout" for you
- 3 Arrive 5 minutes early to meet your instructor and get a little rundown on how the class will work
- 4 Have fun!

[CLICK HERE TO
LEARN MORE
ABOUT SS](#)