

GLADIATOR LEADS FITNESS CAMP



Back Row Left to Right: Jim Wexell, Earl Shepherd, Bob Svec.
Front Row Left to Right: Ed Kelly and Lauren O'Brien

It is very rare, that everyday ordinary people get to interact with a world class athlete. For the past year, both young and old athletes alike are improving daily under the tutelage of Coach Earl Shepherd, the head sports performance trainer at the Norwin Speed & Strength Academy. Coach Shepherd has created the most unique fitness camp in western, PA. There are only six members allowed per time slot in which Coach Shepherd utilizes over 8,000sq.ft of indoor and outdoor space. Coach Shepherd was a member of the U.S. Bobsled team, won the American Gladiator competition and was a World Police & Fire Games champion. He has trained athletes for the past ten years and was very excited to add

programs for adults as well. The majority of his 6am and 9:30 am class members refuse to give up their time slots. NSSA Fitness camp members enjoy an hour and fifteen minute class using the same training modalities Earl uses with his younger athletes. Camp member Ed Kelley was looking to get back to his high school weight. He had tried other fitness camps, weight training programs, but nothing like Coach Shepherd's Fitness Camp. Ed comments, "Where else can you get semi-private training for \$10 per class from a trainer like Earl. He kicks my butt every day, and to date I have lost over 37 lbs. Lauren O'Brien comments that besides the obvious health reasons, she's not being thrown into a room with ten or more people, and enjoys meeting the challenge three times per week. **The NSSA Fitness Camp is opening two new time slots for the Summer Session that begins on Monday, June 8th.**

The availability is as follows: 6am two slots left, 7:30am new class 6 slots available, 9:30am 2 slots available and 7pm new class 6 slots available. Classes run three days per week for twelve sessions at \$120. Visit www.norwinspeed.com or call 724-861-3048.

NORWIN SPEED & STRENGTH ACADEMY

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