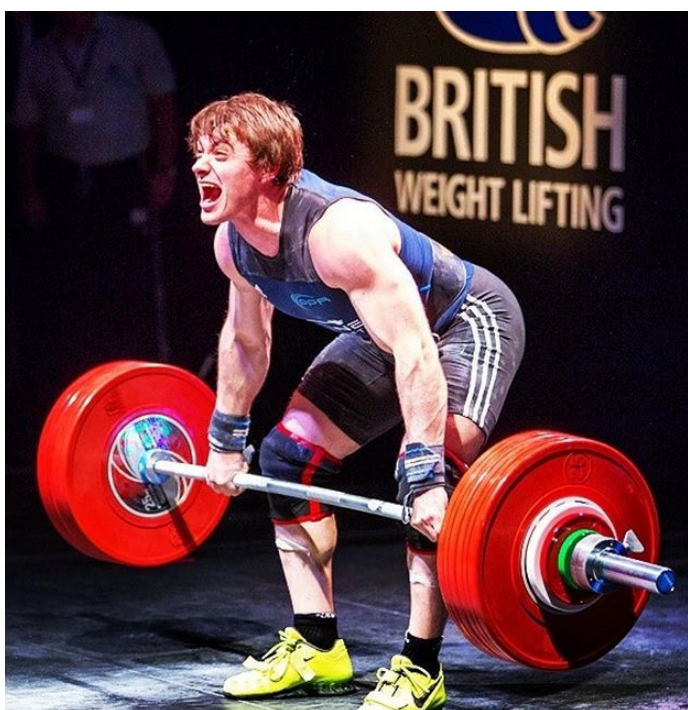


# White Noise Weightlifting Club FREE 8 Week Programme



**WHITE NOISE WEIGHTLIFTING CLUB**  
Unit 9 Tims Boat Yard, Staines-Upon-Thames, TW18 3JY

White Noise Weightlifting Club is offering all schools, colleges and universities in the area a FREE eight week Olympic Weightlifting Programme coached by national level gold and silver medal winning champions.

The project will teach the students Olympic Weightlifting and finish with an in-house competition held at the Weightlifting Club with a view to forging an ongoing partnership with your school, college or university.

Please contact [paul@whitenoisegym.com](mailto:paul@whitenoisegym.com) or visit <http://whitenoisegym.com>