

# BEGINNING POWERLIFTING

## MAC'S STRENGTH

## &

## POWER



10930 Mausel Street  
Eagle River, AK 99577

**Saturday,  
November 8, 2025  
11 am**

Want to learn the basics of powerlifting?

Join the Powerlifting Club at UAA for a beginner-friendly workshop provided by coaches and trainers from Mac's Strength & Power!

- Free for all UAA students with a valid student ID
- Non-UAA members welcome (day pass fee required at Mac's)
- Learn proper form, technique, and get a chance to lift!
- Come build strength and confidence with us!