



FAQ

Do I have to be an advanced lifter to join the club?

Nope! This club is for people of all abilities to join together over a mutual interest in weightlifting and a healthy lifestyle!

What is the \$15 membership fee for?

The membership fee provides you with a Western Strength T-Shirt plus fundraising for the club so we can plan events for you!

What sorts of events do you run?

Lifting meets, gym visits, bar nights, socials, and more!

CONTACT US

Instagram: @westernstrength

Facebook: Western Strength

Website: www.westernstrength.ca

WESTERN STRENGTH

POWERLIFTING,
WEIGHTLIFTING,
BODYBUILDING, WEIGHT
TRAINING AND MORE.