



WE WANT YOU
to join our
POWERLIFTING
COMMUNITY

Scan the
QR Code
to join



For additional info contact:
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Power Lifting Community SWO & Toronto

Are you interested in getting stronger, do you want to challenge yourself, what about joining an empowering community of like-minded people? The PSP SWO / Toronto Powerlifting Community is looking for members, and we want YOU to join us!

Whether you're a seasoned lifter or just starting out, our community is open to all (beginner, intermediate, advanced). Members will learn how to build strength efficiently, will learn proper lifting technique to reduce the risk of injury, and will have the ability to connect with others who have a common passion.

Ready to join?

Visit: <https://forms.office.com/r/6xex7BrMYy> or scan the QR code below to get on our contacts list. It only takes a few seconds to take the first step toward your strongest self!

Let's lift, grow, and achieve greatness together. We can't wait to see you there!

Stay strong,



Wade Williams

Fitness and Sports Instructor | Monitrice de Conditionnement Physique et des Sports

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