

PRINCETON CLUB *"we're committed to you"*

WEST



Ian Ryan

Ian has a B.S. in Nutrition from the University of Wisconsin-Madison. He is also a certified personal trainer through the American College of Sports Medicine (ACSM). He began his love affair with exercise in high school as a football player and competitive wrestler. In college, Ian became president of the UW-Madison Bodybuilding Club and over the course of 4 years, helped many students discover a passion for exercise and even coached a few people to compete in bodybuilding competitions. Today, this same passion for aiding people in achieving their goals motivates him each and every day. When he's not in the gym, he enjoys playing chess, reading philosophy, writing science fiction, biking, and observing the cosmos.

Please see the front desk staff to register!
Classes are **free** and held in the conference room.

The talks focus on a specific topic and integrate group discussion. Please come to class with any questions and be ready to explore your personal beliefs and experiences in relation to the topic.

Classes meet on Mondays at 11a
and Thursdays at 6pm

January

Jan. 11th and 14th Calories and Food Labels
January 18th and 21st Macronutrients
January 25th and 28th Micronutrients

February

Feb 1st and Feb 4th Nutrition and Fitness
Feb 8th and Feb 11th Weight Loss and Nutrition
Feb 15th and Feb 18th Grocery Store Tours
