

September 2015

Maybe you didn't know

Coming up:

Sept 12: Orange Elite Syracuse Strongman Competition
Sept 19: Last Man Standing Benchpress Event, Hercules
Oct 17: Syracuse Bodybuilding Show
Oct 24: Kilos for Cancer Powerlifting Meet, Niagara Falls
Nov 7: Ithaca Powerlifting Meet
Nov 11: Autumn Apocalypse PL Meet, Newark, NJ
Nov 21: Beast of NY PL Meet, Hercules
Dec 5: North of the Border PL Meet, Cincinnati, OH



All Hercules members receive 15% off of non-sale items at Nutrishop.



We are carrying a selection of Anderson Powerlifting products including the amazing SBD knee and elbow sleeves. We also have belts, singlets, wrist and knee wraps, and Rams and Bench Daddys. See Rheta or Pete. You can also go to www.andersonpowerlifting.com for a complete selection of products.

Thank You!!!

We have noticed that the plates have been being put away more often and in the right places
Lifters have been setting their bags off to the side and out of the way of the other lifters

Your efforts are noticed and very much appreciated!

Pass these values on to the new lifters joining us all the time

Speaking of which

1. Hercules now has 186 active members!!
2. This is almost 3 times as many as when we first moved to the new location!
3. 28 are female members It's been a while since we have had so many women members!
4. But as much as we want to see Hercules thrive and grow, we also promise to always maintain our core culture and environment. We will never let the member base grow to a size that makes our lifters crowded and uncomfortable. We plan to cap membership somewhere around 250 and continue to try to get members that will utilize different time slots in the day. At that point new members would need to go on a waiting list.

If you have any questions, comments or concerns, please
Feel free to let Pete or Rheta know. You can also email
To Hercules@herculesgym.net. You can also call 315-440-9627
All communication will always be kept in confidence.