



Women on Weights!

- . Lose pounds and inches!
- . Gain strength and stamina!
- . Improve balance!
- . 60 Minute classes!

Mon + Wed 8 or 9:30 am (Janna)
Tues + Thur 5:30 pm (Brian)
Wed + Fri 10:30 am (Kristen & Brian)

Cost: \$100 for 8 classes— only \$12.50 per class!
*additional \$50 for non-members

Classes start when a minimum of 4 people are registered.
Sign up at front desk

Classes meet twice
a week for 4 weeks
with a certified personal trainer.
Get lots of personal attention.

Learn how to safely and
effectively sculpt and tone
muscles with free weights,
cables, bands, and balls.

(Maximum six persons.)

