



WOW! WOMEN ON WEIGHTS



July 10th - August 16th

Tuesdays
9:00 - 10:00 am



Thursdays
9:00 - 10:00 am

MEMBER: \$45

NON-MEMBER: \$75

WOW

WOW is a strength training class that is specifically designed to get you acquainted with the weight machines & free weights.
NO MORE INTIMIDATION!

Space is limited
Must register in advance

Instructors:
Laura Snook & Adrianna Connell

LOOK LIKE A BEAUTY, LIFT LIKE A BEAST.



#Liftlikeagirl