

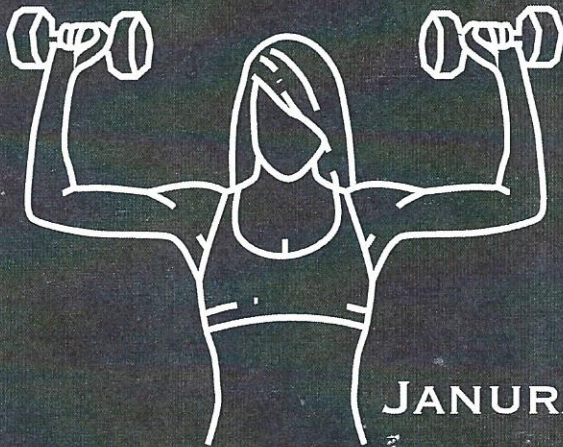
Strong Women

WEIGHT LIFTING CIRCUIT

WITH SAMI JO PEINE

WHAT

BASIC DUMB BELL WEIGHT LIFTING TECHNIQUES
ALONG WITH HIGH INTENSITY CARDIO TO
CREATE A OPTIMUM WORKOUT.



WHEN

M/W/F 6:30-7:00 PM

JANURARY 20TH-FEBRUARY 14TH (4 WEEKS)

WHERE

GARNETT RECREATION CENTER

How

REGISTER THROUGH RECDESK

OR

GARNETT RECREATION CENTER.



Cost

\$25.00/ 4 WK SESSION

\$5.00/ DROP IN CLASS

Contact

SAMI JO PEINE

SJPEINE11.7.15@GMAIL.COM

REC CENTER

RECCENTER@GARNETTKS.NET

785-448-3023

