



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WOMEN ON WEIGHTS

7 WEEKS

\$130 PER PERSON

SEPTEMBER 30TH-NOVEMBER 4TH

SATURDAYS 9AM-10AM

**THIS 7-WEEK SERIES TAILORED FOR WOMEN,
WE WILL LEARN HOW TO DESIGN A STRENGTH
TRAINING PROGRAM, PROPERLY USE FREE
WEIGHTS, AND MANAGE PROGRESSION, ALL BY
USING VARIOUS FREE WEIGHT EQUIPMENT.**

SAVE YOUR SPOT AS SPACES ARE LIMITED!

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