



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **Women on Weights Level 1 and 2**

**Level 1-Six Week Session: Beginner**

June 11<sup>th</sup> – July 23<sup>rd</sup> (No Class on July 4<sup>th</sup>)

Monday & Wednesday 7:30am-8:30am

Members \$150

Program Participant \$240

**Level 2-Six Week Session: Intermediate to Advanced**

June 12<sup>th</sup> – July 19<sup>th</sup>

Tuesday & Thursday 8:00am-9:00am

Members \$150

Program Participant \$240

Ages 18 and up

***Limit six women to a session***

## **Did you know that Strength Training is one of THE Most Effective tools for Weight Loss?**

Have you always wanted to learn how to use weights, but feel intimidated by the environment? Then this is the class for you. Our Certified Personal Trainer describes the benefits, the process, and the techniques of strength training specifically for women.

Each session starts out with a brief anatomy lesson on the group of muscles that you will be training. The Instructor will then show the proper technique of warming up and stretching that specified muscle group, you will be shown how to train that muscle group, and finally you will be able to put into practice what you have just learned. This is a "hands on" class and is designed for anyone who is looking for a change in her routine.

Front Desk Code: 12WOW

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