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# WOMEN ON WEIGHTS

Join this class and help bust the myth that weight training makes women bulky. You will learn to use free weights, hammer strength machines and cable crossovers with Emily and German!

## INFO

- Mondays (5:30 PM – 6:30 PM) & Wednesdays (4:00 PM – 5:00 PM)
- Meet on Wellness Floor
- \$12/person per class • Pay when Registering
- 6-week class • 1 hour session
- Max 4 people – Register Online a week in advance
- January 18th – February 24th

