



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WOMEN ON WEIGHTS

7 WEEKS

\$130 PER PERSON

SEPTEMBER 28TH-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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