

W.O.W!

Women On Weights



**Gain
confidence!**

**Perfect your
form.**

**Optimize your
strength training.**

**Learn/practice proper
free-weight movements.**

**Become comfortable using the
Wellness Center equipment.**

Women ages 16+

March 26– May 2 (6 weeks)

Tue and Thurs 10:30am–11:30am

Tue and Thurs 6:15pm–7:15pm

Y Members: \$200

General Public: \$320

