



# W.O.W.

## women on weights

A women's only small group personal training (3-6 people) designed strictly for women taught by a woman. Groups will meet once a week for 6 weeks working on weight and fat loss, overall toning and flexibility. All fitness levels are welcome and modifications will be made so the workout is tailored specifically to your needs. Learn correct form and technique, avoid injury and build strength.

### **NEW SESSIONS:**

**FEBRUARY 18- MARCH 27**

Mondays 6-7 pm

Tuesdays 4-5 pm

Tuesdays 5-6 pm

Wednesdays 9:30-10:30 am

Wednesdays 7:15-8:15 pm

**\$120**