

W.O.W.

women on weights

NEW YEAR. NEW YOU.

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. Space is limited. Sign up at the Fitness Desk.

Taught by Carlie Snyder

Price - \$120 for 6 weeks

January 7th to February 13th

Mondays - 6-7 pm

Tuesdays - 4-5 pm & 5-6 pm

Wednesdays - 9:30-10:30 am & 7:15-8:15 pm

Check off one of your resolutions early.

