

WOW

Women On Weights



STARTING AUGUST 15TH!

Strength training should have a place in everyone's fitness regimen. **Particularly Women!** With Women on Weights, you'll learn the proper way to incorporate strength training as well as core, balance and flexibility exercises into your life. Join us for this 8 week series.

MEMBERS: \$150
NON-MEMBERS: \$250

Tuesday/Thursday
1:00PM-2:00PM

For more information see the FRONT DESK!

ISLANDHEALTHFITNESS.COM