

WOW

Women On Weights



STARTING JANUARY 8TH



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 through this circuit training style class. Join us for this 8 week series.

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

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

For more information see our Member Services Desk

ISLANDHEALTHFITNESS.COM