

# WOW

Women On Weights

 ISLAND  
Health & Fitness  
*in partnership with Cayuga Medical Center*



## STARTING JANUARY 16TH!

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**