



# WOMEN ON WEIGHTS

Taking the intimidation out.... putting the fun in!



## W.O.W.

Work out in a small group using cable machines, free weights, selective machines and your own body weight. The focus is on safety, form, injury prevention, correct lifting technique, results and FUN!

**Sign up NOW for a four-week session starting March 1st!  
Classes are on Mondays and Wednesdays at 12:00pm and  
Tuesdays and Thursdays at 5:30pm.**

For rates, more information, or to sign up, contact Michelle Bean at 222-8953  
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