



WEIGHTS 101

TUESDAYS & THURSDAYS 9:35 - 10:25 AM

Go back to school and learn how to do it right! Join Jenny Powelka for Weights 101 and learn how to strength train safely and effectively. Correct your form, better your technique, and improve your strength!

\$10/SESSION

\$90/10 SESSIONS

Please sign up at the front desk & contact Jenny for additional information or for alternative days/times



JENNY POWELKA

ACSM Certified Health Fitness Specialist
NSCA Certified Personal Trainer
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