

# WOW

Women On Weights



**STARTING JULY 30TH!**



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 4 week series.

**MEMBERS: \$75**  
**NON-MEMBERS: \$125**

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

For more information see our Member Services Desk

**ISLANDHEALTHFITNESS.COM**