

Ladies Night *in the* **Weight Room**

Feel intimidated in the weight room or unfamiliar with using free weights?

Learn to lift, improve your form & become more confident in the weight room.

P.S - No Men Allowed!!

Monday, April 15, 2019

4:00pm - 6:00pm

&

Tuesday, April 16, 2019

6:00pm - 8:00pm

