



Women on Weights

Are you a female who is intimidated or unsure of what to do with free weights, kettlebells or exercise bands? Join this 4-week class to learn proper form and how different equipment can be used for strength training. Find out how to create a strength training plan and how to incorporate it into your overall fitness plan. Class is 45 minutes long and meets once a week.

Option 1:

Option 2:

Location:

Cost:

Instructor:

For more information, visit
the Member Services desk
or call 515-226-9622.