



Human Performance WOMEN ON WEIGHTS

Are you intimidated by the weight room? Women on Weights (WOW) is designed to help you feel more confident, empowered and strong. This eight-week workshop will focus on fundamental weightlifting movements that are appropriate for all levels of experience. Learn bodyweight movements and barbell exercises in a supportive environment led by a certified instructor.

Benefits of strength training:

- Improves bone muscle mass and density
- Maintains healthy joints
- Helps to avoid injury
- Helps manage weight
- Gets you closer to your goals

For more information, please call 262-650-8000 or visit the Member Services desk.

DATES

DAYS AND TIMES

LOCATION

COST

Join us during the week of Oct. 1 for a complimentary trial of all our Human Performance classes.



PROHEALTH WEST WOOD
HEALTH & FITNESS CENTER