



## Women on Weights (WOW)

Classes October 30 – December 3

Mondays & Wednesdays | 9:00 a.m. or 6:00 p.m.

Tuesdays & Thursdays | 9:00 a.m., 1:00 p.m. or 4:00 p.m.

Location: Fitness Floor

Cost: \$99 members | \$149 non-members

This is the perfect program to build the confidence and knowledge of any women who is unsure about resistance training. Each session will be led by a degreed and certified trainer, and you will learn the basics of resistance training using different styles including machines, free weights, body weight and bands. Gain a better understanding of how to improve your body and feel more confident while doing it! Registration is limited to 4 women in each class. Sign up at the Customer Service Desk.

### Participants will receive:

- Full access to Mercy Fitness Center during the program
- A Women on Weights book, featuring 8 specialized workouts
- An individual, 30-minute consult prior to the first class
- Nutritional, motivational, and fitness tips
- Encouragement and accountability
- Handouts and a WOW t-shirt



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