

W.O.W. PROGRAM WORKING OUT WITH WEIGHTS



Strength training offers many benefits - improved muscle tone, increased resting metabolic rate, bone density preservation, enhanced body composition and greater strength for everyday activities. Research shows that individuals who strength train are more successful at losing weight/body fat and keeping it off

This comprehensive 4 week strength training program is designed to introduce participants to a variety of strength training techniques. Emphasis will be placed on proper technique, safety, fun and keys to successful program design. Class time meets one time per week in a small group setting. Call 612-863-5178 for more information and to sign up!

Fee is \$50 for Members

\$70 for Non-members



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