

# WOW

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## **WOMEN ON WEIGHTS**

### **SET TIME ASIDE FOR YOU!**

- NEED GUIDANCE WHILE EXERCISING?
  - WE'LL SHOW YOU HOW TO DO IT RIGHT!
- WANT TO WORK OUT WITH OTHERS JUST LIKE YOU?
  - LEARN AND SHARE WITH OTHER WOMEN!
- LEIANA HILTON, PERSONAL TRAINER, WILL EDUCATE YOU ON FITNESS, SHARE RECIPES, AND START YOU ON AN EXERCISE ROUTINE.
- **ONLY \$40/MEMBER OR \$60/NON-MEMBER**
- MEETS EVERY THURSDAY AT 9AM FOR 6WKS  
BEGINNING THURS. JAN 6TH
- MUST HAVE 6 PEOPLE TO HOLD CLASS!

***REGISTER TODAY AT THE FRONT DESK!***

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**FIVE POINTS**  
WASHINGTON