

Women With Weights

The weight room is for everyone!



**MONDAYS &
WEDNESDAYS**

Oct. 22 - Dec. 19

9 - 10 A.M.

New Weights Area

9 weeks, 8 weeks of work

Instructors:

Karen O'Shea,

Haley Morrow,

Jessica Madsen

& Lisa Graff

DETAILS

- Learn about the new space
- Learn appropriate exercises for you
- Feel empowered
- Become stronger

COST

- \$150 (for entire 8 week program)

**Questions? Contact Samantha Kelly
402.413.4012 | skelly@madonna.org**

