

WOW Women on Weights

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Mondays & Wednesdays, 10:00 - 11:00 a.m.

Session I June 7 - 30

Session II July 12 - August 4

This 4-week, 8 session program is for all women ages 18 & above, from novice to experienced lifter. Your experienced trainer will focus on proper form and participants will improve strength, stamina and muscle tone. This small group training will integrate a variety of strength exercises into your current workout. Participants will learn how to use a variety of equipment including medicine balls, free weights, resistance bands, Bosu and stability balls. Directed by Personal Trainer & Group Exercise Instructor Vicki Oberdorf.

4 weeks, 8 sessions, Member \$69, Non-member \$99



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Group Training at 11616 N. Port Washington Rd., Mequon ~ 262-421-4250