

5TH ANNUAL WOMEN ON WEIGHTS 2.0

8 WEEK PROGRAM

January 14th-March 5th

Tuesdays & Thursdays 7:00-8:30 pm

Whether you've participated in years past or not, WOW provides a specialized training program designed to keep you motivated and goal oriented!

- Gain more confidence
- Learn new methods to train
- Improve strength and technique
- Stay accountable
- Develop new relationships

Email dixie.church@collins.com
for questions!



Cost is \$110.
Eligible non-members
can join for \$200.
Program training book
& shirt included in fee.

ALL ABILITIES WELCOME!

Sign up through the online
portal or app!

Minimum of 12 participants
maximum of 16