



TRAIN SMARTER-NOT HARDER

WOMEN ON WEIGHTS_{2.0}

January 10th - March 3rd

**NOW MEETING
3 TIMES PER WEEK!**

**MONDAYS & TUESDAYS - 6:30-7:30 PM
THURSDAYS - 5:30-6:30 PM**



Women on Weights 2.0 was designed to empower females of all fitness abilities! The 8-week training guide will keep you accountable to gaining muscle endurance & strength. Participants will learn lifting techniques while working in a small group.



Registration NOW OPEN!

\$225 includes 24 sessions and manual

Maximum of 10 participants

Register in the app or through the front desk at 319-295-2552

Contact dixie.church@collins.com for details



Collins Aerospace

REC CENTER