



WOMEN ON WEIGHTS

DID YOU KNOW: Strength training

- * decreases the risk of osteoporosis
- * decreases the risk of cancer
- * maintains weight loss longer
- * aids in prevention of Alzheimer's
- * increases aerobic endurance

WHAT:

Find out the secrets to losing that unwanted body-fat
Feel comfortable in the free weight room/fitness
area by learning the proper form and techniques of strength
training exercises

WHEN:

Tuesdays 11:00 am – 12:00 noon
1st session Sept. 8th-29th
2nd session Oct. 6th - 27th

WHERE:

Student Recreation Center—Dress comfortably
Sessions will be performed by Laurie Dwyer

PRICE:

\$20.00 for all 4 sessions—Limited to first 12 people
(you do not need to be a member of the Recreation Center)

Register at the front desk of the Recreation Center

For more information please contact Laurie Dwyer at whipple@rowan.edu or x4903