

WOMEN ON WEIGHTS CIRCUIT

Free trial!

WITH MORGAN DILWORTH

FREE TRIAL DATES



THURSDAY, MAY 22 | TUESDAY, MAY 27 | THURSDAY, MAY 29TH



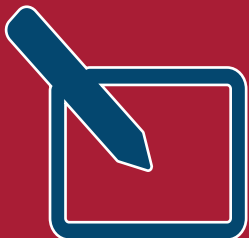
9:30-10:00AM



MEET AT 2ND FLOOR FITNESS DESK

ABOUT THE CLASS:

WOMEN ON WEIGHTS IS A 30-MINUTE CLASS THAT BLENDS STRENGTH TRAINING AND CARDIO, OFFERING A QUICK, DYNAMIC WORKOUT WITH A VARIETY OF EXERCISES TO KEEP YOU ENGAGED AND CHALLENGED.



**REGISTER AT
FRONT DESK**



CHOICE
HEALTH & FITNESS