

WOMEN & WEIGHTS

Spring 2026

ABOUT THE CLASS:

Learn the weights. Build confidence. Get stronger.

A beginner-friendly strength training program designed to help women feel comfortable using gym equipment. Participants will learn foundational strength exercises using bodyweight, dumbbells, barbells, and resistance bands while building strength in a supportive environment.

Sessions take place in the PT studio, with guided time in the main weight room so participants can practice using equipment with confidence.

Megan Johnson mjohnson.choicehf@gmail.com

	Days	Times	Location	Cost	Walk-in Fee	Max
Session 1 Group 1: April 8th - May 1st	W & F	9:00 - 9:45am	PT Studio	\$112	\$25/class	6 participants
Session 2 Group 1 May 6th - May 29th	W & F	9:00-9:45am	PT Studio	\$112	\$25/class	6 participants

Claire Lapp clapp.choicehf@gmail.com

	Days	Times	Location	Cost	Walk-in Fee	Max
Session 1 Group 2: April 14th - May 1st	T & Th	9:00 - 9:45am	PT Studio	\$84	\$25/class	6 participants
Session 2 Group 2 May 6th - May 29th	T & TH	9:00-9:45am	PT Studio	\$84	\$25/class	6 participants

Choice Adult Fitness Fee Based Class Registration Form - Spring 2026

Name: _____ Phone: _____ Email: _____

Address: _____ City/State/Zip: _____

I hereby acknowledge to be ready for vigorous activity and authorize the directors to secure any emergency treatment deemed necessary, and that I hereby release the Grand Forks Park District, Choice Health & Fitness and all employees, executors, and heirs from all claims for injuries, which may be sustained while attending the program. I also understand that any medical bills that I incur due to injuries will be my responsibility or the responsibility of my family health insurance plan.

Signature: _____ Date: _____ (Must sign before participating in program)

Mark the session & class in which you would like to participate:

Session 1 Group 1
 W/F 9-9:45am \$112

Session 1 Group 2
 T/Th 9-9:45am \$84

Session 2 Group 1
 M/W 9-9:45am \$112

Session 2 Group 1
 T/Th 9-9:45am \$84

For office use only: Ring up under "FITNESS PROGRAM". Fees listed above.