

EXTENDED PROGRAM...
OFFERING 12 MORE SESSIONS

WEIGHTS FOR WOMEN

Building MUSCLES & CONFIDENCE!

4:30 p.m. - 5:30 p.m.

Tuesdays & Wednesdays

\$60 Course: February 15th - March 23rd

Turtle Lake School - 205 Oak Street North

OPEN TO ALL AGE GROUPS

PRE-REGISTER AT VILLAGE HALL OR AT FIRST CLASS

Instructor Mary Gwin - 25+ Years Experience

Enjoy a non-threatening Environment

Boost Your Confidence - Slim Your Waistline

Learn Importance of Muscle Tone

Strengthen Body & Bones

**BRING YOUR WEIGHTS TO CLASS:
5LB-8LB Free Weights or Resistance Bands**

FOR MORE INFO: 715-986-2241

TURTLE LAKE PARKS & RECREATION PROGRAM