



**New Program begins Monday, March 5, 2012**

Monday through Thursday

5:30 p.m. to 8:30 p.m.

Located in the Rehab Gym at the  
Billy Casper Wellness Center (BCWC), 300 16<sup>th</sup> Street, Silver City

**The WOW program is set-up for 3 minute circuit training on  
the cardio and weight lifting machines.**

A Fitness Instructor is available during the circuits for your needs.

This is not a separate BCWC membership;  
to participate you need to be:

- (1) A Woman
- (2) A BCWC regular gym member,  
day pass or punch card holder

A weekly weigh-in is available but optional!

**Interested? Visit the BCWC front desk or call 575-538-4844**