

“Women On Weights”

Begins on March 5, 2012 (Monday)

Every week Mon. thru Thurs. from
5:30 to 8:30 p.m.

Open to any women that have a regular gym membership, day pass or punch pass.
(Not a separate membership)

Location: Rehab Gym at BCWC
300 16th Street.

The “WOW” Program is set up for a 3 minute circuit training on the cardio and weight lifting machines.

Weekly weigh-ins are included. (Optional)

See front desk for more details.

Or call 575-538-4844