

Try Parks & Recreation's newest program!

Women on Weights



Did you know?

Resistance training...

- ◆ will NOT make you look like a bodybuilder
- ◆ allows your body to burn calories for hours **after** a workout
- ◆ can be a better—and more fun—way to lose weight than cardio
- ◆ helps preserve bone density, balance and strength
- ◆ can help reduce or eliminate pain in the hips and knees

Location

Fort Benjamin Park
Recreation Center
100 McQueen Ave. Newport

Dates & Time

Mondays & Wednesdays
March 17 - April 23
6:00 - 7:00PM

Cost

\$40 per six week session
Or \$5 drop-in fee

Learn proper technique and
how to make everyday
activities easier!

