



Women and Weights

Join other women with the same goals in this 6-week **Women and Weights** session and finally get into the best shape of your life! Learn the misconceptions about women and weight training, while understanding basic nutrition to reach your goals. Overcome your fear of 'bulking up' and increase strength and lower body fat.

Date: Classes begin Monday, October 3rd

Days/Times: M/W/F @ 9:30 am and 5:30 pm;
T/TH @ 6 am and 9:30 am; SA @ 8:30 am

Location: Anytime Fitness—Dulles

* (You do not need to be a member to join this program)

Cost: \$360—18 sessions



For registration and questions contact:

Derek Burns, CPT, BioSignature Practitioner
Strength Coach—Freedom High School

703.225.8999 | FitnessForeverVA@gmail.com | www.FitnessForeverVA.com