

REGISTER NOW!

WOMEN ON WEIGHTS APPLICATION



**FROM 7:45 PM
TO 9:00 PM**

**MONDAYS AND
WEDNESDAYS
METTINGS**



**6-WEEK GROUP WORKOUT PROGRAM ON
HEALTH, EXERCISE PROGRAMMING, AND
LEARNING PROPER FORM LED BY NATIONALLY
CERTIFIED PERSONAL TRAINERS.**

**LIMITED SPOTS, REGISTRATION OPENS ON SEPTEMBER
13TH AND CLOSSES ON SEPTEMBER 27TH.**



UNIVERSITY of
SOUTH FLORIDA
Campus Recreation