

MOXIE MULTISPORT PRESENTS:

LIFTING WOMEN TO BETTER HEALTH



STRONGWOMEN

A Strength Training Program for Women

A WOMEN'S ONLY
STRENGTH TRAINING CLASS

WHY: HAVE FUN! INCREASE METABOLISM, WORK OFF HOLIDAY WEIGHT GAIN, LEARN NEW AND EFFECTIVE CORE EXERCISES!

WHEN:

SATURDAYS FOR 6 WEEKS
JANUARY 16TH – FEBRUARY 27TH
11:30AM-12:30PM

WHERE:

YAMA YOGA 3RD FLOOR
STUDIO
213 EAST BUFFALO STREET
MILWAUKEE, WI 53202

WHO:

WOMEN AGES 18 - 70 WHO ARE LOOKING TO POSITIVELY IMPACT THEIR FITNESS.

FEE: \$72