

**W.O.W**

THE FORT COLLINS CLUB PRESENTS...

# Women on Weights

*Begins on January 16th, 2012*

**January 16th– February 23rd**

WOW is a 6 week resistance training program. The program is taught by the FCC Fitness Staff and divided into three different lifting routines, providing you with a variety of new exercises! The program is challenging and lots of fun!

## **Available**

Monday/  
Wednesday  
7PM-8PM  
Tuesday/  
Thursday  
7PM-8PM



## **JOIN TODAY!!!!**

SPACE IS LIMITED TO 15 WOMEN PER SESSION

- **Learn new exercises!**
- **Become comfortable in the weight room!**
- **Meet other ladies to work out with!**
- **Stay motivated!**

**SIGN UP AT FRONT DESK**

**WIN PRIZES!!!!**

**FC Fort  
Collins  
Club**

Contact Stacey with more information:  
[stacey@ftclub.net](mailto:stacey@ftclub.net)

