Strengthen your mind and body in our five week strength training workout program.

Sept. 25 to Oct. 25

Option 1  Monday and Wednesday
5:15 to 6:15 p.m.

Option 2  Monday and Wednesday
7 to 8 p.m.

Additional session times available upon request for groups of three or more.

- Geared towards beginner and intermediate fitness levels.
- Gain knowledge in developing your own workout plan.
- Learn strength training exercises, technique and safety.
- Small group training instructed by certified personal trainers.

Open to all WMU students, faculty and staff.

Cost:
- $55 WMU Student
- $40 Western Wellness participant
- $65 SRC Member
- $85 SRC Non-Member

Location:
Student Recreation Center

Register at the Student Recreation Center service desk. Payment is required with registration.

Questions: Contact Samantha Fitzpatrick
Email: samantha.fitzpatrick@wmich.edu  Phone: (269) 387-3543

Registration deadline: Thursday, Sept. 21.
Go to wmu.edu/wellness and click on Classes and Programs.

University Recreation  Western Wellness
Empowering Employees