

# INTRO TO **STRENGTH** TRAINING!

**FREE  
CLASS!**



**12/2 7:30-8:30 PM**

**12/9 7:30-8:30 PM**

With Instructor Peggy Oddo in Room 209

Make the time to check out this new class if you have been wanting to work with weights to:

**Get stronger**

**Tone**

**Add more lean muscle**

**Improve your balance**

**Increase bone density**

**Improve your overall health**

If you like this class, we will offer this on our Group Fitness Class Schedule.

Give it a try!

Questions? 847-465-2943

[www.wheelingparkdistrict.com](http://www.wheelingparkdistrict.com)