



Let's hit the  
weights' ladies!

**REDFORD LEISURE SERVICES**

# ***WOMEN & WEIGHTS***

**Fridays 9:45-10:30am**

**February 22- April 12, 2019**

**8 Weeks/ \$45**

Join Bonnie; a Certified Personal Trainer, Fitness Specialist & Wellness Consultant for a new exciting daytime class for women. Women a & Weights can help you gain strength, confidence, reduce stress, enhance your muscle tone, boost metabolism while learning & having some fun! Class will consist of using the cardiovascular equipment, machines & free weights in our fitness/ weight room. The weight room doesn't have to be a scary place!

***CLASS SIZE IS LIMITED, SIGN UP BEFORE  
FEBRUARY 6, 2019***

***CALL REDFORD LEISURE SERVICES 313-387-2650  
HELD AT THE REDFORD COMMUNITY CENTER  
12121 HEMINGWAY REDFORD 48239***