



## **Villages West Strength Training**

Join us as we move from outside walking to indoor strength training.

### **Where:**

Villages West Clubhouse

### **When:**

Mondays and Fridays at 9 am

Begin Nov. 7

Bring water, weights of your choosing  
(2, 4, 5 lb. or 2 cans of soup)

No prior experience necessary.

### **No charge!**

Instructor Mara Haber, former body builder and trainer for those in competition, will guide us through stretching and beginning strength training exercises appropriate for each individual's needs.

### **Please RSVP.**

Pat Jurik at [Patj1735@gmail.com](mailto:Patj1735@gmail.com)

or Marie Brooks at [merimarie@aol.com](mailto:merimarie@aol.com)

**Attached Waiver must be signed in order to participate.**

Come get strong and healthy!!!