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WOMEN with **WEIGHTS**



**Strength Training class
JUST FOR WOMEN!!!!**

WHEN: Wednesdays for 5 weeks

Time: 4 –5 pm

Starts: Weds. January 14th, 2009

**Taught by
Certified Personal Trainer JOHNNY PRYOR**

Meet In Aerobics Room



Find out more at : www.vanderbilt.edu/wellnesscenter

