

WEIGHTS for *Women*



- ☞ Small Group Personal Training just for women
- ☞ Utilizes multiple training styles and equipment
- ☞ 2 days per week for monthly sessions

Downtown

Tuesday and Thursdays

8:00 — 9:15 am

9:15 — 10:30 am

6:00 — 7:15 pm

Mondays and Wednesdays

5:30 — 6:45 pm

Cordata

Monday and Wednesday

10:00 am — 11:00 am

Monday and Thursday

5:30 — 6:45 pm

Check with the front desk for session dates and pricing. Space is limited.

CORDATA | 4191 Meridian St
360.676.1800

DOWNTOWN | 1616 Cornwall Ave
360.734.1616

www.bellinghamathleticclub.com

