



**NAUTILUS**

# Women's Weight Training Clinic

**CLASSES NOW FORMING!**



## LEARN

- ✓ Importance of Resistance Training
- ✓ Proper Breathing Techniques
- ✓ Proper Rhythm and Pace
- ✓ Frequency, Intensity, & Duration
- ✓ "Hands On" Walk through and instruction on how to use Equipment.

## DETAILS

- ✓ DURATION: 1 hour
- ✓ Limited 5 participant per session
- ✓ Weekly classes offered at Nautilus Lady, Parkway Nautilus & Nautilus West morning and evening
- ✓ COST: \$10.00



To sign up or for more information,  
contact Tiffany Dixon, BS Exercise Science  
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