



Ladies **LIFT**

Want to get stronger but don't know where to begin? Ladies Lift was designed to teach proper form and technique to lift weights with confidence and stay injury free.



Tuesdays & Thursdays 10am-11am

Upcoming Sessions:

July 9th-August 1st

August 6th-August 29th

September 9th-October 2nd

Member Rate \$69

Non-Member Rate \$99

Mashpee Fitness

168 Industrial Drive

508-477-6128