



# *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:**

January 7th-January 30th

February 4th-February 27th

March 3rd-March 26th

**Member Rate \$69**

**Non-Member Rate \$99**

Mashpee Fitness

168 Industrial Drive

508-477-6128