



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 8th-January 31st

February 5th-February 28th

March 5th-March 28th

Member Rate \$69

Non-Member Rate \$99

Mashpee Fitness

168 Industrial Drive

508-477-6128