



# *Introduction to Weight Training Sessions*

*Thursday  
February 2, 4:15 - 5:30pm*

*Friday  
March 2, 11:00 - 1:00pm*

*Monday  
April 2, 4:15 - 5:30pm*

**Meet in the Rec. Center Lobby  
For more information contact Beth at 218-779-2873**