

WEIGHT TRAINING
with STEVE SMITH

During this course, we will concentrate on the following muscle groups: chest, shoulders, triceps, biceps, thighs, calves, abdominals, and the lower back. Whatever area you wish to develop, please sign up and we will work together toward reaching your personal goals as you develop and strengthen your body.

JULY 6 THROUGH AUGUST 26
MONDAYS & WEDNESDAYS

COST:

RESIDENTS: \$75/person

NON-RESIDENTS: \$85/person

TIME: 7:00 - 8:30 P.M.

LOCATION: Southold High School Weight Room