

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.

JANUARY 11 THROUGH MARCH 18
MONDAYS & THURSDAYS

COST:

RESIDENTS: \$75/person

NON-RESIDENTS: \$85/person

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

LOCATION: Southold High School Weight Room

Class will not be held on January 18, February 15 & 18