

Women & Weights

Join women for small group personal training. Learn weight lifting and develop confidence with a Certified Personal Trainer



Register at the membership services counter in the Student Recreation Center

COST

\$15 - Student

\$20 - Other

Sessions

Sessions will run the week of March 30 - April 23

Tuesdays

12:00pm - 1:00pm

Lindsey Cowan

Thursdays

7:30am-8:30am

Megan Wyse

Wednesdays

6:30pm - 7:30pm

Erica Palmer

Thursdays

3:45pm-4:45pm

Jordan Halsema

Tuesdays

4:45pm-5:45pm

Jordan Halsema

www.indstate.edu/campus-rec



Campus Recreation
Division of Student Affairs

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EMPLOYEE
WELLNESS

