

Women on Weights

**An exciting circuit training program for women of all ages.
Lead by nationally certified personal trainer and 25-year fitness
veteran Ms. Diane Buckhout. Class provide total body resistance training
and a complete cardiovascular workout, geared towards burning calories
while building total body strength.**

Experience increased endurance, strength, and bone density.

**Ms. Buckhout leads the class through a fun series of challenges
while encouraging camaraderie and support from all participants.**

**Class meets Tuesdays and Thursdays,
11:00am—11:45am.**

**Fees: \$15 per class.
Drop-ins are welcome**

**For more information,
please call Diane at 713-724-3744 or
the Welcome Desk at 281-348-2205.**

