EXCLUSIVE FOR FITNESS CENTER MEMBERS ONLY

# Personal Weight Training

**With: Jeffrey Lawson**

**B.S. in Exercise Science**
**ISSA Certified Fitness Trainer**
**IFA Senior Fitness/Sports Nutrition**

## Do you want to lower your percentage of body fat?

These lessons will teach the basic concepts of weight training. Safety, proper exercise techniques, training progression, and different training methods will be emphasized.

**FEES (Effective Jan. 1, 2017):**

- 1/2 HOUR/INDIVIDUAL SESSION $25.00
- 1 HOUR/INDIVIDUAL SESSION $50.00/HR
- 2 PEOPLE/SHARED SESSION $70.00/HR
- 3 PEOPLE/SHARED SESSION $90.00/HR

**Date/time to be determined by scheduling an appointment**
**Session will be held at the Caporella Aquatic & Fitness Center**
**9300 NW 58th Street, Tamarac, Florida**

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**For more information contact 954-597-3660**

**Parks and Recreation Department**