



## **IRON DIVAS – For Women Only**

Watch out – the women are going on the free weight floor and we're going to pump some iron! Join The Iron Butterfly Personal Trainers for tons (literally) of weight lifting fun.

- Don't know how to lift weights? We'll teach you.
- Already a weight lifter? We'll take you to the next level.

Did you know that weight training can raise your metabolism, increase bone density, and tone your body?

### **Experience the POWER of Free Weights**

**FEE:** \$80 for 4 sessions  
**DAYS/TIME:** Tuesdays 7:00-8:00 pm  
**DATES:** Ongoing, Contact Robyn Chase  
at 585-234-BFLY



**7496 State Route 96, Victor , NY**  
**Contact Robyn Chase @ (585) 234-BFLY**