Join us for our three week “Learn to Lift,” program to better understand the fundamentals of preloaded weight machines and cardio exercise. This program will teach you the basics of weight machines, and proper cardio programming.

You will work closely with one of our certified personal trainers to learn, practice, and apply knowledge of weight and cardio training to get you one step closer to achieving your goals!

Open to all WMU faculty, staff and students

Location: Student Recreation Center

Costs:
$40 WMU Student
$35 Western Wellness participant
$50 SRC Member
$60 SRC Non-Member

Register at the Student Recreation Center service desk. Payment is required with registration. Sign up early. Space is limited.

Questions: Ask for Bryce or Lexi at (269) 387-3543

Registration deadlines:
Session 1: Sept. 15
Session 2: Sept. 29