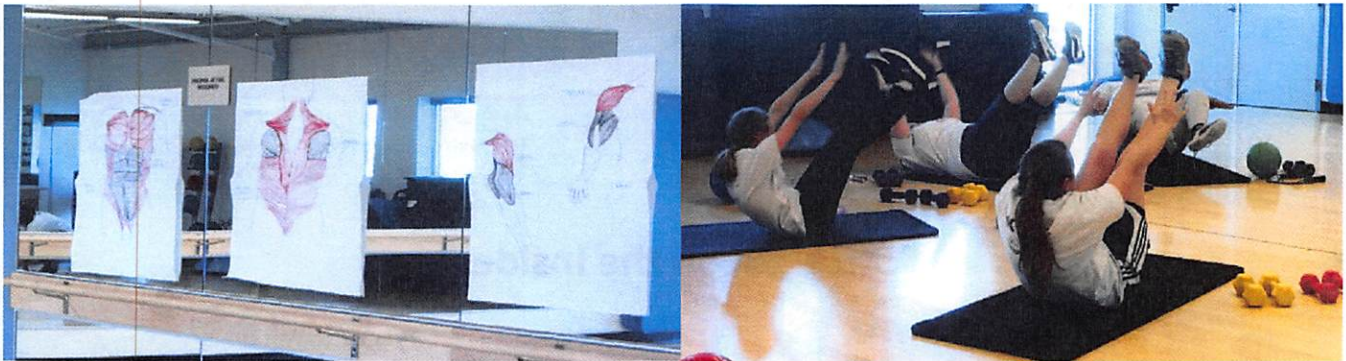




Strength on the Outside:

Participants learn about the different muscle groups and are introduced to resistance training exercises.



And they learn about building workouts for themselves and friends and families.



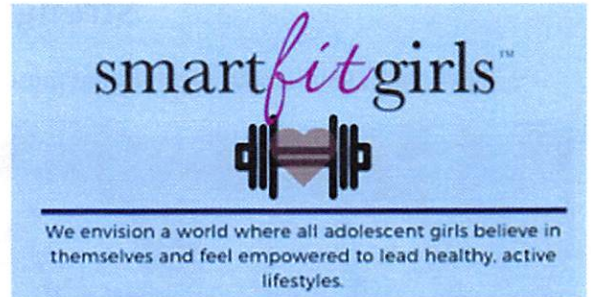
Currently our participants are developing a workout they will debut for their family and friends and they would like to invite you to join them for a test run.

Join the Summer 2018 Smart Fit Girls for a workout!

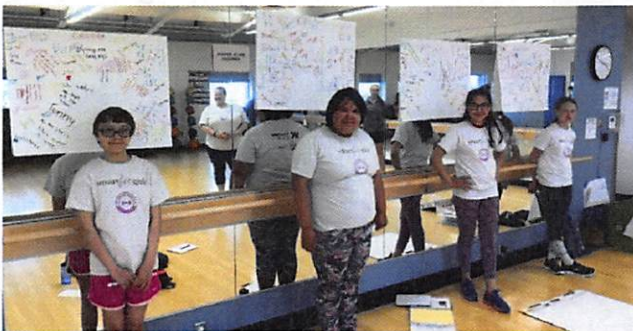
Tuesday at 3-3:45pm

In the Fitness Center Studio

smart*fit*girls™



Strength on the Inside:

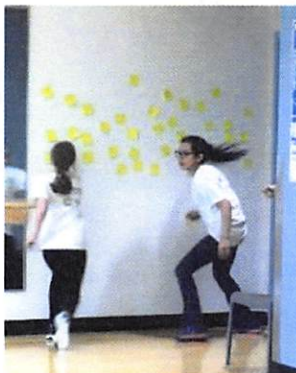


Participants engage in activities aimed at improving their self-esteem and body image.



And learn about the empowering effect of giving back.

Participants learn about nutrition as fuel for strong bodies and minds.



And discuss the relationship between foods and emotions.

