

Strength Training Workshops

Designed for kids, adults, and families to learn proper strength training techniques

Instructor: Patrick Murphy

Age: 8 & over

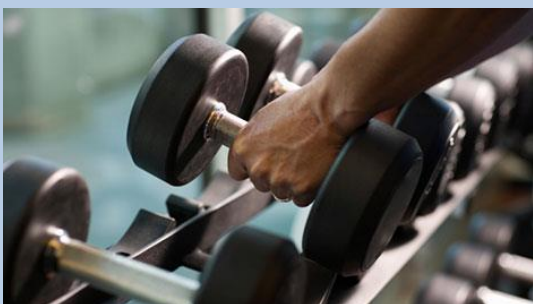
Dates: 3/13/2018 & 3/20/2018

Day/Time: Tuesdays, 6:15PM-7:15PM

Free for Members

Non-Members: \$2-Youth/Senior \$4-Adults

For more information or to pre-register: call 589-2105 or visit www.AlamosaRec.org.



Pre-registration is encouraged.

For kids 8-13, a parent must remain on-site if not also participating.