



AN EARLY COLLEGE DISTRICT
BROWNSVILLE
INDEPENDENT SCHOOL DISTRICT



STRENGTH TRAINING



Monday & Wednesday
6:00 - 7:00 PM

Wellness Fitness Center Weightroom
Starts Wednesday, September 6, 2023

Instructor: Former Powerlifter April Licea-Marlow

Free for BISD Employees Only. Open to 1st 20 people who register.
Must bring weight lifting gloves.

Must pre-register before August 18 at ahramirez@bisd.us.