



WEIGHTS

CLASSES

STRONGER TODAY. STRONGER TOMORROW.



Weights class is designed to teach participants **proper and safe lifting techniques** and **weight room safety/etiquette**.

Participants can expect to lift weights appropriate for their age and skill level, learn about the equipment, proper technique, and weight room safety.

During the class clients will engage in a full body workout using the equipment available and under the supervision of an instructor to help guide and assist them.

CLASS TIMES:



Tuesdays

5:00 PM – 5:50 PM



Wednesdays

6:00 PM – 6:50 PM



SMALL CLASS SIZE, BIG BENEFITS

Weight classes maintain a 1:8 ratio with a single instructor supervising and instructing 8 participants or less at a time.



ONE-ON-ONE ATTENTION

Due to smaller class sizes, participants get personal attention and guidance.



SAFE. SMART. STRONG.

Learn proper techniques, use equipment with confidence, and build strength the right way.

FLEXIBLE PRICING OPTIONS



DROP IN

\$15.00



INDIVIDUAL YOUTH SPORTS MEMBERSHIP (ONE CLASS A WEEK)

\$50.00 / MONTH



YOUTH SPORTS UNLIMITED MEMBERSHIP

\$80.00 / MONTH



Lift Strong. Train Smart. Build Confidence.



PURELY MOORE FITNESS
1805 W. FIRST ST.
NEWTON, KS



316-251-8344



BUILDING A STRONGER
COMMUNITY, TOGETHER.