

Fall Weight Training Schedule

Cost: \$60

Registration: Online via the AH Connect website

Note: A Valid physical is required before registering!

Monday, Sept 16 @2:30
Wednesday, Sept 18 @2:30
Friday, Sept 20 @6:00am

Monday, Sept 23 @2:30
Wednesday, Sept 25 @2:30
Friday, Sept 27 @6:00am

Monday, Sept 30 @2:30
Wednesday, Oct 2 @2:30
Friday, Oct 4 @6:00am

Monday, Oct 7 @2:30
Wednesday, Oct 9 @2:30
Friday, Oct 11 @6:00am

Monday, Oct 14 @2:30
Wednesday, Oct 16 @2:30

Monday, Oct 21 @2:30
Wednesday, Oct 23 @2:30
Friday, Oct 25 @6:00am

Monday, Oct 28 @2:30
Wednesday, Oct 30 @2:30
Friday, Nov 1 @6:00am

Monday, Nov 4 @2:30
Wednesday, Nov 6 @2:30
Friday, Nov 8 @6:00 am