



# LADIES BARBELLS & BRUNCH

**FRIDAY SEPTEMBER 6TH, 2019**  
**10:00AM - 1:00PM**  
**STUDENT RECREATION CENTER LOUNGE**

SPECIAL GIFT FOR RSVP MEMBERS  
BRUNCH FOR ACTIVE PARTICIPANTS  
30-MINUTE INTERACTIVE GROUP STRENGTH TRAINING PROGRAM  
WOMEN & STRENGTH TRAINING WORKSHOP  
GUIDED BY CERTIFIED STRENGTH & CONDITIONING COACH

  
**RED ROCKS**  
COMMUNITY COLLEGE  
STUDENT RECREATION CENTER

*Register at  
SRC Service  
Desk*