

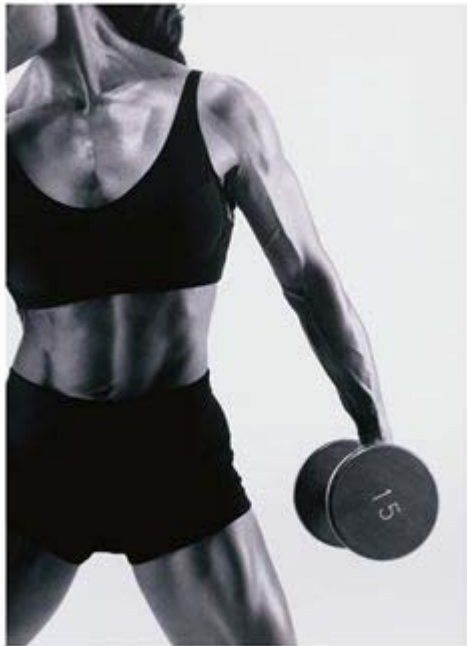
The Wellness Clinic presents:

## Talks at the Treadmill



### "FUN WITH FREE WEIGHTS"

Joint stability and core strength are two benefits of working with free weights. Do you want more variety in your work out?



Come join us for "Fun with Free Weights" and learn new challenging alternatives for weight training!

Wednesday Oct 4<sup>th</sup>  
7:00am, 12 noon, 5:00pm

Please email any questions you might want answered to Courtney Reap (creap1@ithaca.edu) or Ian Lockwood (ilockwo1@ithaca.edu)