



Get Fit by Attending the Women in the Weight Room Orientation Series!

WHAT: Wellness Coach Nancy Brigham and Personal Training Experts Cecilia Joyce and Peggy Walton will be leading the "Women in Weight Room Orientation Series." The seminars are designed to teach women confidence, knowledge and safety in the weight room, leading to increased metabolic levels that burn fat calories faster and more efficiently by combining weight resistant training with cardio-exercise. These events also will teach women how to design an effective workout program that will aid in the prevention of osteoporosis.

WHERE: San Francisco Castro's Gold's Gym, 2301 Market St., San Francisco, CA.

WHEN: *Seminar #1: Sunday, July 29th, 2:30-4:00 p.m. workout: [BACK/UPPER-LOW.](#)
*Seminar #2: Sunday, August 12th, 2:30-4:00 p.m. workout: [LEGS/LOWER BODY.](#)
*Seminar #3: Sunday, August 26th, 2:30-4:00 p.m. workout: [CHEST/ARMS.](#)

WHO IS TEACHING: *Nancy Brigham, wellness coach and international bodybuilder.
*Cecilia Joyce, personal trainer, strength and conditioning coach.
*Peggy Walton, Gold's Gym personal trainer.

WHO IS INVITED: Women 18 years and older that are Gold's members and non-members.

COST: Complimentary

RSVP: Castro's Gold's Gym at (415) 626-4488

CONTACT: For more information on this seminar series and future seminars this summer, Nancy Brigham can be reached at www.nancysway.com or at nancy@nancysway.com.