GIRLS
in the weight room

let’s lift girls up
This International Women’s Day, we’re celebrating girls with a special class* where they will learn how to lift weights. Let’s crush gymtimidation before it even starts!

who:
Girls ages 14-17.

when:
Friday, March 8th, at 4:30 pm.

where:
Your local Blink Fitness.*

girls who attend will get a FREE 1-year junior gray membership.**

approved 3/1/24