

GIVE ME STRENGTH

weightlifting for better living

FALL 2017

- DATES:** Sept. 6/7-Dec. 20/21 (15 weeks of classes)
- **NO CLASSES Nov. 22-23 (Thanksgiving)**
 - Yes, we WILL meet on Columbus Day and Veterans Day
 - Next session begins Jan. 3, 2018 (tentative; potentially Jan. 8)
- PLACE:** 412 E. Ninth St., Lawrence, KS
- FEE:** \$255, payable in advance to Janet Majure
- TIMES:** Classes meet *twice weekly* at the following times:
- Monday/Wednesday: 12 p.m.; 4 p.m.; 5:30 p.m.
Tuesday/Thursday: 10:30 a.m.; 12 p.m.; 4 p.m.; 5:30 p.m.
ALSO: Tell your friends that Colleen Boley is offering a class at 9:15 MW, same location. Contact weightswithcolleen@gmail.com or 785-760-0643 for more information. Read about Colleen at <http://givemestrength.net/2016/11/30/1153/>
- NOTE:** Until August 15, current clients have priority in class selection.
- TO SIGN UP:** **Current clients:** tell Janet by email or use sign-up sheet in class.
New clients: please talk to Janet and then complete and return form at bottom of sheet with fee.
- QUESTIONS?** Please contact me, Janet Majure, and ask! I can be reached at 785-727-0934 (mobile). Email janet@givemestrength.net. Also, you can find information at <http://givemestrength.net>.

Janet Majure
785-727-0934 / janet@givemestrength.net
<http://givemestrength.net> for more information
Mail: 646 Ohio St., Lawrence, KS 66044

FALL 2017 WEIGHTLIFTING ENROLLMENT

Name: _____ Phone: _____

Email: _____ Who referred you? _____

Please show class preference, using 1 for your first choice, 2 for your second choice, etc.:

Mon-Wed: 12 p.m. ____; 4 p.m. ____; 5:30 p.m. ____

Tues-Thurs: 10:30 a.m. ____; 12 p.m. ____; 4 p.m. ____; 5:30 p.m. ____

Return with fee (\$255) payable to Janet Majure, 646 Ohio St., Lawrence 66044.