

GIVE ME STRENGTH

weightlifting for better living

WINTER 2018

DATES: Jan. 3/4 - May 16/17 (18 1/2 weeks of classes)
▪ **NO CLASSES March 19-23 (spring break)**
▪ Yes, we **WILL** meet on ML King Day and Presidents Day
▪ Next session begins May 30/31

PLACE: 412 E. Ninth St., Lawrence, KS

FEE: \$315, 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.

IMPORTANT: Until Dec. 14 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

WINTER 2018 WEIGHTLIFTING ENROLLMENT (*form not required for renewing clients*)

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 (\$315) payable to Janet Majure, 646 Ohio St., Lawrence 66044.