



McMASTER

the Pulse

WOMEN ON WEIGHTS

Fall 2024

Register now!



Choose from 4 different sessions. (Personal Trainer)

Mon 4:30-5:30pm. Oct 21 – Nov 25 (Nathalie)

Tues 4:30-5:30pm. Oct 22 – Nov 26 (Sharan)

Wed. 12:30-1:30pm Oct 23 – Nov 27 (Calla)

Thurs. 1:30-2:30pm Oct 24 – Nov 28 (Morgan)

Mac Students & DBAC Members: \$65

Non-Members: \$100

Register online at rec.mcmaster.ca

**Or in person at the Recreation Business Office
located at the Joan Buddle Service Desk.**