



McMASTER

the Pulse

WOMEN ON WEIGHTS

Winter 2025

Register now! 😊

Choose from 3 different sessions. (Personal Trainer)

Mon 3:30-4:30pm. Feb 3 – Mar 17 (Meg)

Tues 3:30-4:30pm. Feb 4 – Mar 18 (Sharan)

Wed. 4:30-5:30pm Feb 5 – Mar 19 (Nathalie)

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.**