

Basics of Bodywork for Women

Risa Olinsky, M.A.

Certified Wellness Coach & Personal Trainer



Question:
Should women have
strong muscles?
Yes

Stronger muscles help you reduce body-fat,
increase bone density and enhance
your energy for every day
activities. It feels good to be strong.



Learn the principles of exercising the ***“major muscle groups”*** of your body.

This is an educational program “for women only.”

Are you intimidated by not knowing what to do or how to do it?

Empower yourself with this valuable information and you will be able to...

WORK OUT ANYWHERE.

One-month online coaching included.

(Not a physical program)

**Four afternoon sessions:
Jan 29, Feb 5,
Feb 12 and Feb 19
1:00 - 2:15 pm
108 Baker Street
Maplewood, NJ 07040**

**Pre-registration required
Space limited**

**Call: 973.761.5758
risa@risaolinsky.com
www.risaolinsky.com**

Program fee includes 4 sessions: \$199

