

Weight Room Training and Exercise

at Maranacook Community School

January 18th to February 29th, 2024

6 Thursdays with 2 Session Times:

Session 1: 6:00-7:00 pm / Session 2: 7:00-8:00 pm

Don't travel to Augusta for your New Year's Gym Resolution! Join the gym at MCS!

Register at <https://maranacook.maineadulted.org/course/weight-room-training-and-exercise/>

or stop by the main office at MCS,

Monday to Thursday 3:00-8:00 pm to sign up!

Registration: \$6.00 per session

Gym will be staffed and cleaned after each use!

(No class February 22)

