“Opposition is a natural part of life. Just as we develop our physical muscles through overcoming opposition - such as lifting weights - we develop our character muscles by overcoming challenges and adversity.” - S.R.Covey

Summer is just around the corner…… Are you ready?

Weight Training Classes will be held from 8:30-9:50 a.m. every MTWR in the Huston Huffman Center.

The classes will be held from JUNE 8-JULY 6 and JULY 7-AUGUST 3.

**ENROLL NOW!**

Course code is HES 1121 and is worth 1 credit.

Specific features of the class:

2. “Tone and Tighten”- Get better looks and get perfectly toned by using weights, bars and balls.
3. On the ball: Intense sculpting and core work utilizing weights, bars, and the stability ball. Combine this with cardio for a total body workout.

Any questions can be directed to Harsh @ 716-479-9532 / harshvardhan@ou.edu