

## **Women's Leadership Center offers 'Body Work for Working Women'**

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The Alfred University Women's Leadership Center will offer "Body Work for Working Women," a three-part fitness series, beginning Feb. 16 and continuing on March 16 and April 6. All sessions will be held from 5-6:30 p.m. at the Women's Leadership Center, located next to Openhym Residence Hall on the AU campus. The series is open to the public, free of charge, but reservations are required because space is limited. Those wishing to attend are asked to call the Women's Leadership Center at 607.871.2971 or to email [wlc@alfred.edu](mailto:wlc@alfred.edu). Brian Dunham, a certified fitness trainer through the International Sports Sciences Association, will lead the three workout sessions. The first, scheduled for 5 p.m. Tuesday, Feb. 16, will focus on flexibility; the second, on March 16, will be "Strength Training at Your Desk," and the third, on April 6, will be "Time Your Workout for Maximum Impact." Dunham, a resident of Hornell, has developed training and fitness programs for individuals as well as groups. He also offers Boot Camp and Circuit Training Classes.