



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WOMEN'S STRENGTH



Calling all ladies looking to challenge themselves in the weight room! Each day will consist of a whole body workout modified to your ability. Instruction will include free weight training, Matrix, mobility, core stability, posture and functional training. This program is presented in a safe, non-intimidating manner.

Session start July 8th

Sign up for either Mondays & Wednesdays

WHEN: Mondays & Wednesdays 6:00pm-7:00pm Or 7:00pm-8:00pm

DATES: July 8, 10, 15, 17, 22, 24, 29, & 31

MEMBERS: \$60

NON-MEMBERS: \$75

MAX 6 participants in each time slot

**ONLINE
REGISTRATION
AVAILABLE!**

For more information, contact Andy: andrewpersons3@gmail.com

SUPERIOR DOUGLAS COUNTY FAMILY YMCA
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