



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 Wednesday September 4th**

**Sign up for either Mondays & Wednesdays**

**WHEN: Mondays & Wednesdays 8:45-9:45am with Angela**

**Mondays & Wednesdays 6:00pm-7:00pm Entry Level Or**

**7:00pm-8:00pm Advanced Level with Andy**

**DATES: September 4, 9, 11, 16, 18, 23, 25, & 30**

**MEMBERS: \$60**

**NON-MEMBERS: \$75**

**ONLINE  
REGISTRATION  
AVAILABLE!**

**MAX 6 participants in each time slot**

For more information, contact Andy: [andrewpersons3@gmail.com](mailto:andrewpersons3@gmail.com)

**SUPERIOR DOUGLAS COUNTY FAMILY YMCA**  
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