



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 starts January 7TH

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

DATES: January 7, 9, 14, 16, 21, 23, 28, & 30

MEMBERS: \$60

NON-MEMBERS: \$75

MAX 8 participants

**ONLINE
REGISTRATION
AVAILABLE!**

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

SUPERIOR DOUGLAS COUNTY FAMILY YMCA
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