

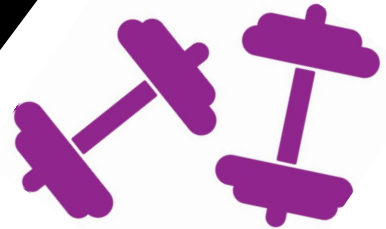


FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KETTLETONE

**Swing into shape with our
Small Group Kettlebell Class!**

This intense circuit class revolves around the use of Russian kettlebells. Designed to target every muscle group in the body, Kettletone will teach you new skills and functional movement patterns while also increasing your cardiovascular capacity and muscle strength. Grow your knowledge and challenge your body in this class!



WOMENS STRENGTH

Women's Strength is our small group strength training class.

Get more confident with free weights, the Matrix system, mobility, core stability, posture and functional training.

Your Instructor and Personal Trainer Andy will help you customize your workout to get the strength results you are looking for.

Class details on the back

SUPERIOR DOUGLAS COUNTY FAMILY YMCA
9 N 21st Street, Superior, WI 54880
715-392-5611 www.superiorymca.org

KETTLESTONE

Contact Ashlee for more information: coachashlee13@gmail.com

Classes are held Monday/Wednesday 9am

Kettlestone meets in the Gymnasium.

Next Session TBD

WOMENS STRENGTH

Members \$60/Month

Non-Members \$75/Month

Drop in fee \$8

Max 8 Participants

Contact Andy for more information:
andrewpersons3@gmail.com

Classes are held Monday/Wednesday

6pm-7pm

Women's Strength meets in the Fitness Center

Next Session Starts December 2nd

Members \$60

Max 6 Participants per class

Registration available online or
at the Member Services Desk