



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WOMEN'S 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. Women's Strength meets in the Fitness Center.

Next session starts Monday November 1st

Classes are held Monday's & Wednesday's in November

LEVEL 1: First time attending Women's Strength.

Will receive more one on one instruction for proper body mechanics and form.
7:00-8:00 pm

LEVEL 2: Has attended Women's Strength.

Workouts are more intense with more group guidance. 6:00-7:00 pm

Superior Y Member: \$60

Non Member: \$75

Max 6 participants per class

Register online www.superiorymca.org or at the Member Services Desk.

Contact Andy for more information on the class: andrewpersons3@gmail.com
Contact Jen with registration questions: jrosnau@superiorymca.org

SUPERIOR DOUGLAS COUNTY FAMILY YMCA
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