



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING MORE THAN MUSCLE

Women on Weights – Fall/Winter 2018/2019 WEIGHT ROOM

A weight lifting class designed to empower women to lift weights and transform their bodies while learning new exercises to enhance fitness goals. WOW will assist Women in improving posture, strength and body composition. No classes the week of Thanksgiving or the week of Christmas.

DATES/DAYS/TIMES:

10/2-11/8	TUES/THUR	8:30AM-9:25AM	(6 weeks)
10/2-11/8	TUES/THUR	9:30AM-10:25AM	(6 weeks)
11/12-1/3	TUES/THUR	8:30AM-9:25AM	(6 weeks)
11/12-1/3	TUES/THUR	9:30AM-10:25AM	(6 weeks)

Y MEMBERS:

\$95

PROGRAM PARTICIPANTS:

\$125

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