



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BUILDING MORE THAN MUSCLE

## Women on Weights – Fall/Winter WEIGHT ROOM

A six week weight lifting class designed to empower women to lift weights and transform their bodies while learning new exercises and routines 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:

9/24-10/31	TUES/THURS	8:30AM
9/24-10/31	TUES/THURS	9:30AM
11/12-01/02	TUES/THURS	8:30AM
11/12-01/02	TUES/THURS	9:30AM

**Y MEMBERS: \$95    PROGRAM PARTICIPANTS: \$125**

Contact: Wellness Director  
336.395.9622 ext. 227

