



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:

11/11-01/08	MON/WED	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

