



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BUILDING MORE THAN MUSCLE

## Women on Weights - Winter 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.

### DATES/DAYS/TIMES:

1/7-2/13	MON/WED	8:30AM-9:25AM	(6 weeks)
1/8-2/14	TUES/THUR	8:30AM-9:25AM	(6 weeks)
1/8-2/14	TUES/THUR	9:30AM-10:25AM	(6 weeks)

### Y MEMBERS:

\$95

### PROGRAM PARTICIPANTS:

\$125

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