

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

January Session

W

omen

O

on

W

eights



Learn to utilize equipment in the Fitness Center with the guidance of a female personal trainer, in a small group setting!

Tuesdays / Thursdays from January 19th—February 11th
Evenings 5:30 pm—6:30 pm



Join WOW in January and learn:

- To utilize free weights and other equipment
- Proper gym etiquette
- Proper techniques for the body you want
- Confidence in using the equipment

Groups are limited to 6 women (min. = 4) and make-up sessions will not be offered.

Cost for the eight workouts: \$75 for MAX Members; \$150 for Non Members.

Registration begins Wednesday, January 30th - group size is limited!

Bonita Springs YMCA

27200 Kent Rd | Bonita Springs, FL 34135
(239) 992-9622 | Fax (239) 992-9174



www.ymcapalms.org