

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

March Session

Women

Oon

Weights

Just in time to tone up for spring!



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

Tuesdays / Thursdays 8:30 AM—9:30 AM
March 9—April 1



Join WOW in March 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 Members; \$150 for Non Members.
Registration begins Wednesday, February 24th - group size is limited!

Greater Naples YMCA

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www.ymcapalms.org