

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

January Session

Women

Oon

Weights



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 6:30 pm—7:30 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 YMCA Members; \$150 for Non Members.
Registration begins Wednesday, January 30th - group size is limited!

Greater Naples YMCA

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www.ymcapalms.org