



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WOMEN ON WEIGHTS

The Y's Women On Weights program works to improve your health with the added benefit of being connected to others in a small group setting. Working with a Personal Trainer, you'll learn the strength training basics you need to feel confident in continuing a work out on your own. You'll also learn right alongside others from your community who share your interests.

Session information:

4 week session; 8 total classes

Session meets Tuesdays and Thursdays at your choice of time:

Mornings: 10:00 a.m. **OR** Evenings: 5:30

Session dates:

Registration Begins:

January 31- February 23	January 1
March 6 - March 29	February 16
April 3 - April 26	March 22
October 16 - November 8	October 1

All ages and abilities are welcome.

Fees:

Members: \$75

Non-members: \$150

Registration:

Register at the Member Service Desk or online at www.ymcapalms.org.

Please note: We must have a minimum of 4 participants in the class (with a max of 6)

YMCA OF THE PALMS

5450 YMCA Rd, Naples, FL 34109

P 239 597 3148 F 239 597 8415 **W** www.ymcapalms.org



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PROGRAM REFUND POLICY

To request a program refund, you must notify the Member Services Desk.

- We will give a full refund on any program or service that is canceled by the registration deadline.
- After the registration deadline and until the beginning of day two of any program or service we will give 100% credit (good for six months) to be applied to another YMCA program, or
- We will provide a pro rated refund for medical/family emergency reasons.

If the YMCA has to cancel a program, you will be given a full refund.

All credits are non-transferable.

Refunds for payments made by cash or check will be refunded via check. Refunds for payments made by credit cards will be returned to the same card. Checks will be issued by the YMCA of the Palms Association office. The check will be issued to the Primary Member. Please allow a minimum of 14 days to process.

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