

Women's Weight Training



Women's weight training class will be starting a new session Feb. 28th. The class will meet in the Aerobic Center on Monday's and Wednesday's from 11:00am-12:00pm. There will be a testing on the first day to check fitness levels. Then the participants will have six weeks of personal training. At the end of the six weeks participants will be retested to check their fitness level progress. Space is limited so please sign up at the front desk during break week.

Regular cost of personal Training for 12 sessions is \$300.00. We will offer Women's Weight Training for half the cost for YMCA members.

**Member's cost
\$150.00**

**Non-Members cost
\$200.00**

For more information please contact Gina Brison @ gbrison@ashlandareaymca.org or please call 324-6191-Ext. 236