



W.O.W.

WOMEN'S ON WEIGHTS

A women's personal training class in a group setting

Up to 8 ladies will meet twice a week with one of our Personal Trainers and begin a 6 week course of getting fit and staying healthy. The course will be comprised of weight lifting, cardio training, mind/body training, stretching, circuit training and more. This fun filled class will have you feeling and looking your best as you start a brand new year as a brand new YOU!

YMCA Members \$150.00

Non-Members \$200.00



Sign up at the YMCA front desk the week of Dec. 26-31

First Class begins WEDNESDAY, JANUARY 4, 2012

Classes meet Monday and Wednesday @ 11:30 a.m.-12:30 p.m.



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**