

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.



WOMEN ON WEIGHTS

Turn your New Year's Fitness Goals into Reality!!!

Participants exercise under the supervision of a YMCA Personal Trainer. As a group the class meets and determines the goals for the class. Participants are instructed on proper exercise technique, have their progress monitored, and receive continuous encouragement. Monthly sessions run for 4 weeks with 2 classes each week (8 classes total). This program uses a combination of Med-X, Nautilus, free weight and cardiovascular exercises. Class is limited to 8 people.

What: Group exercise weight training class

When: Tuesdays and Thursdays at 10:00 a.m.

Instructor: Karen Woosley

Location: Deland Family YMCA Wellness Center

Ages: Women 16 and up

Fee: Members \$25.00 Non-Members \$35.00

Please contact the Welcome Center with any questions.

The mission of the YMCA is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.



DELAND FAMILY YMCA
761 E. International Speedway Blvd. DeLand, FL 32724 (386) 736-6000 www.wvymca.org

WE BUILD STRONG KIDS, STRONG FAMILIES, STRONG COMMUNITIES

