



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

**PERFORM BETTER
FEEL FIT
FEEL PRIDE**

Woman Strength Training Program

For women, learning a strength training program may be intimidating on many levels. Being self-conscious, not knowing how to use equipment, nor proper technique, or understand a routine can be a daunting and a frustrating process.

This program will offer the opportunity to learn how to start a strength training program in a safe and effective manner. Workout in a comfortable environment, with like minded people.

A cost effective, small personal training group for woman who are willing to work on increasing their physical ability while decreasing injury potential.

***The goal is to develop a long term enjoyment of fitness and skills that can be applied to any everyday living skills.**

**Woman's Small Group Personal Training Class
Days: Tues & Thurs
Time: 7AM- 7:30AM & 10AM -10:30AM
Member Cost: \$35.00
Non-Member: \$85.00
Westfield YMCA: Functional Training Room**

You know that a strong body is a healthy body.

**For more information, contact Cindy Agan, Fitness Director, P:568-8631 x323 or Email:
cgagan@westfieldymca.org**