



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STRONG WOMEN UNITE

## Women on Weights

This small group training is designed for teaching proper technique and form for lifting movements in the weight room. Participants will work on building lean muscle to aid in weight loss and strength development. This is a 6 week class that will meet 2 days a week.

**Session Dates:** Jan. 7– Feb. 14

**Registration:** Dec. 26 – Jan. 11

**Class Limit:** 5

**Ages:** 15+

M/W 8:30am – 9:30am

or

T/Th 5:30pm – 6:30pm



**SUMTER FAMILY YMCA**  
510 Miller Road  
Sumter, SC 29150  
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ymcasumter.org



**Mission:** To put Christian principles into practice through programs that build healthy spirit, mind and body for all.