



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: June 24 – August 1

Registration: June 10 - June 28

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.