



Women on Weights

Monday & Wednesdays: 5:15 – 6:15 p.m.
Beginning: March 8th – April 14th

Learn important information on how to attain a strong, healthy body with proper exercise techniques using free weights, Nautilus and cardio machines. These classes will help dispel old myths about women lifting weights. Helpful information sheets will be handed out every week to guide you. There is no reason to be intimidated going into a fitness room again! Call (704) 883-0780 to register at the YMCA of Barium Springs.

Cost: \$20 Members
\$30 Potential Members

