

TEEN WEIGHT TRAINING PROGRAM

Supervised by certified YMCA Personal Trainers



**SIX WEEK CLASS
BEGINS FEB. 8TH**

ALL 13-18 YR OLD BOYS & GIRLS WELCOME

M/W 3:45PM-5:15PM

Promotes strength, bench, squat, and deadlift with focus on agility, core and cardio.

Bench press competition at the end of the 6 weeks and t-shirt included when you complete the program! Weightlifting club will form after program ends, will meet three times a week.

Free for YMCA members, \$25 for non-members.

Call 330-385-0663 or visit ymcanet.org for more info.