

# SPRING SMALL GROUP TRAINING

REGISTER ONLINE OR AT THE WELCOME CENTER!

## BOXFIT

Enhance flexibility, endurance and strength in a fun, motivating atmosphere through boxing classes.

Boxing your way through your workout! Gloves are required  
Sundays 11am-12pm & Wednesdays 11am-12pm

## WOMEN ON WEIGHTS

In this class, you will increase self-esteem and confidence. Learn how to successfully begin strength training by using various free weight equipment.

Saturdays 10am-11am

## SENIOR STRENGTH

Small Group Training is designed to help older active adults improve their strength, balance and stability in safe and engaging environment. While using various fitness equipment for all different fitness levels.

Fridays 10:30am -11:30am



SMALL GROUP TRAININGS REQUIRE ADDITIONAL PAYMENT. FOR MORE INFORMATION, VISIT OUR PROGRAMS PAGE ON OUR WEBSITE, [WWW.YMCAOFMEWSA.ORG](http://WWW.YMCAOFMEWSA.ORG).