

# YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

## **WOMEN'S FITNESS TRAINING CLASS**

A class designed specifically for women.

This 8 week course will provide instruction on the cardio equipment, machine weights and free weights.

Work out while socializing and learning the safe and proper techniques of using the equipment.

This class will also teach the basic components of exercise, nutrition and weight room etiquette.

Sign up with a friend or meet a new workout partner!

Fees.....Members Only \$15

For specific branch dates and times please contact:

Cooper: Amy, 323-6407, [ashanahan@ymcalincoln.org](mailto:ashanahan@ymcalincoln.org)

Downtown: Karla, 434-9238, [khudson@ymcalincoln.org](mailto:khudson@ymcalincoln.org)

Northeast: Michelle, 434-9257, [mkiddoo@ymcalincoln.org](mailto:mkiddoo@ymcalincoln.org)

Minimum 2 participants.....Maximum 8 participants

The Lincoln YMCA has my permission to use videos or photographs of me or my family members for promotional materials.

TRACK YOUR WORKOUTS ONLINE AT [www.ymcalincoln.org](http://www.ymcalincoln.org)

\* HONESTY \* CARING \* RESPECT \* RESPONSIBILITY \*