



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

The benefits of strength training for women are endless. Find a place of empowerment in the weight room with this 6-week program, where you will learn proper use and techniques of free weights. This program is led by one of our Nationally Accredited Female Certified Personal Trainers

FOR
WOMEN
AGES 18+

BUILD STRENGTH. GAIN CONFIDENCE. WOMEN ON WEIGHTS

Improve body composition and core movement patterns, prevent injuries, slow down bone loss, *and more!*



FOR ALL

FINANCIAL ASSISTANCE
AVAILABLE

EXPLORE YOUR POSSIBILITIES.
Contact the Oshkosh Y for more details. This program is supported by the Annual Campaign.

6 WEEK SESSION • Two 60-minute classes per week
\$99 per person • Members only • Maximum 6 participants per program session
For maximum results, full attendance is strongly encouraged.

Class dates and times will be set by program coordinator, Emily Eresh.
If you are interested in details on the next session please contact: emilyeresh@oshkoshymca.org.

OSHKOSH COMMUNITY YMCA www.oshkoshymca.org
Downtown 236-3380 324 Washington Avenue • 20th Avenue 230-8439 3303 W. 20th Avenue