



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**FOR ALL FINANCIAL ASSISTANCE
IS AVAILABLE.** Through FOR ALL Financial
Assistance, everyone – regardless of their
financial circumstances – can belong to our Y,
participate in programs, and improve their lives.



FIND EMPOWERMENT IN THE WEIGHT ROOM!

Discover the endless benefits of strength training for women in this motivating program. Build confidence as you learn proper techniques and safe use of free weights under the guidance of a Nationally Accredited Certified Personal Trainer. This program is designed for women ages 18 and older, with a special ForeverWell Women on Weights option for women ages 55 and up.



BUILD STRENGTH. GAIN CONFIDENCE. WOMEN ON WEIGHTS

Improve body composition, increase strength, prevent
injuries, slow down bone loss, *and more!*

FOR AGES 18+ 8 WEEK SESSION

Two 60-minute classes per week
\$139 per person • Members only

FOREVERWELL AGES 55+ 6 WEEK SESSION

Two 60-minute classes per week
\$99 per person • Members only

Maximum 6 participants per program session. Class dates and times will vary each session. For maximum results, full attendance is strongly encouraged. Contact Emily Eresh at emilyeresh@oshkoshymca.org with questions, upcoming class dates and times.