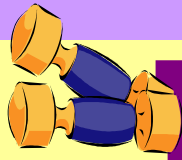


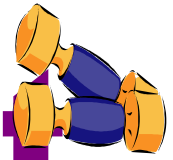


MARY PERRY RAGSDALE FAMILY YMCA

BE FIT, LIVE FIT, STAY FIT!



Body Blast



SESSION: August 3rd—August 26th

Days/Times:

Tues & Thurs

9:15am-10:30am

Tues & Thurs

6:15pm-7:30pm

GET IT SHAPE! STAY IN SHAPE!

WOW! Please join us for **FOUR INTENSE WEEKS** of information and

practical workout sessions in a small group of women to

increase knowledge and confidence in the workout room.

In addition, you will develop a personalized workout program to follow.

Space is limited to 8 participants.

INSTRUCTOR: Takeela Reddrick, Christy Richardson, Marlee Rindal

Four Week Session: \$60 (\$7.50 a class) - MEMBERS

\$80 (\$10 a class) - NON-MEMBERS

Session Includes:

Strength Training log, Personalized program, T-shirt, Lots of Great Knowledge

Mission Statement: To put Judeo-Christian principles into practice through programs that build a healthy spirit, mind, and body for all.
Visit our Website: ragdaleymca.org; Phone #: 336-882-9622