



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRENGTH TRAINING 101 CLASS IS IN SESSION

Dates: February 27th– March 16th

Monday, Wednesday & Friday

5:30–6:30am

9:15–10:15am

Monday, Wednesday & Thursday

6:00–7:00pm

\$60 for members

\$80 for non-members

\$10 drop-in rate for members

Learn your way around the weight room with strength workouts designed to build and tone your muscles. Sessions are with a personal trainer in a group setting.
Late fee of \$5 after March 1.

For Office Purposes: Feb12 07FIST1015A

Feb12 07FIST1019A

Feb12 07FIST1016P

Feb12 07FIST101DI



RAGSDALE FAMILY YMCA

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