



Beginners Weightlifting

GROWING STRONGER TOGETHER

Beginners Weightlifting: Participants will learn how to use free weights and strength machines safely, structure a workout and basic intro to properly lifting weights in an effective manner. Focus on learning proper techniques and body mechanics.



Ages: 14+

When: Monday or Wednesday

Time: 5:45-6:30p

Cost: M \$35 / NM \$65

Space is Limited, Register Now!!

Classes from September 7th- October 21st *7 week class

Register online or at the membership desk.

SPRINGFIELD FAMILY YMCA

300 S. Limestone St.

Springfield, OH 45505

(937) 323-3781

For more information about our programs, please contact:

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