



Senior Weightlifting

Inspiring Healthy Lives

Senior Weightlifting: Participants will learn how to use strength machines safely, basic understanding of using fitness equipment class is designed to teach proper lifting techniques and designing an effective workout.



Ages: 55+

When: Monday or Wednesday

Time: 9:45-10:30a

Cost: M \$35 / NM \$65

Space is Limited, Register Now!!

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

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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