



LE MARS YMCA

WOMEN

ON WEIGHTS

Women on Weights is a small group (maximum of 6 people), instructor led program, that takes place over an 8 week time period. Groups meet with the instructor two times a week.

Whether you're new to weight training or looking to enhance your routine, this class will leave you feeling stronger, more confident, and empowered.



REGISTER HERE

PROGRAM INCLUDES:

- 2 instructor led, small group workouts/week
- 1 workout to do on your own/week
- Guidance and motivation
- Supportive community!

PROGRAM FEE:

Y Member: \$75

Community (non-member): \$125

PROGRAM DATES:

September 14 – November 4

Mondays & Wednesdays

4:15–5:15 PM

*Child Watch available for kids during the program!

MORE INFORMATION

Group Instructor: Jacque Perez

Phone: 712-546-6655

Email: jacquep@lemarsymca.org

