

TRAIN StrongHER

FEEL STRONG.
BE EMPOWERED.
TRAIN TOGETHER!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



PROGRAM INCLUDES



Workout
Guidance



Gain
Confidence



Instructor
Led



Progress
Tracking



Group
Chat



Wellness
Tips

StrongHER is a 6-week strength program designed to help women build strength, gain confidence with lifting, and feel powerful in the gym and beyond.

**Build strength. Lift with confidence.
Feel StrongHER!**



EVERYONE IS WELCOME

November 2 – December 11, 2026

**Monday – Wednesday – Friday
6:00 – 7:15 AM**

Program Fee:

YMCA Members: \$175
Community: \$250

Instructor Led Support:

Guided strength training workouts.
Instruction on proper form.
Goal to decrease body fat.
Tracking your progress.
Outside encouragement and support.
Shared health and wellness tips.



Register Here



712-546-6655
info@lemarsymca.org
lemarsymca.org

Feel StrongHER!

LE MARS YMCA
124 6th Ave NE
Le Mars, IA 51031