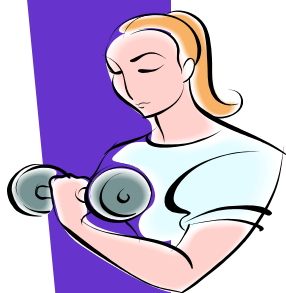


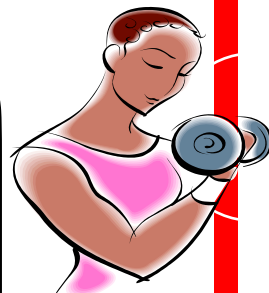
W.O.W.

**Sign Up
NOW**
For the next
series of **WOW**

Women On Weights



January 5th, 12th, and 19th



Instructed by Wellness Coach Tonya Poole

W.O.W. is a FREE program that was created for women of ALL fitness levels and body types who are interested in Decreasing Body Fat, Weight Training & Increasing Calorie Burning Lean Muscle! All W.O.W. sessions will begin promptly at 6:00pm.

Sign Up at the Front Desk!

YMCA Mission:

“To put Christian principles into practice through programs that build healthy spirit, mind, and body for all”.

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.