

W.O.W

WorkOut for Women

NOW REGISTERING for Classes

Women ages 15 & over

This women's circuit training class is designed to help women maximize their workout while increasing their knowledge of the importance of strength

These 8 classes will leave you with the knowledge of why strength training is so important for woman. You will work all major muscles and get your heart rate up.

W.O.W. will leave you sweating and toned for the New Year!

***Sign-up at the YMCA front desk.
Space is limited to 8 women per class.***

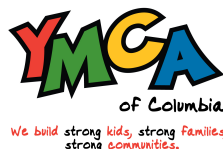
Members: \$50



**Tuesday & Thursday
6 pm—7 pm
Taught by *Deb Taylor*
Next session starts August 12**

For more information contact:

Ashley Price at ashleyprice@columbiaymca.org OR 799-7159 ext. 25



YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all