



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET STRONG GET CONFIDENT

Women on Weights (W.O.W.) WILLIAMS YMCA OF AVERY COUNTY

An introduction to weight lifting for women! W.O.W. is a small group training program to help women feel comfortable lifting weights. Strength training is important for a woman's bone and muscle development yet many women don't know where to start. Learn proper exercise form and the fundamentals of weight lifting while getting a great workout!

- Eight, 45-minute sessions for women only
- Must be 18 years or older
- Cost: \$60 for YMCA members
\$80 for potential members with 4 week access to facility
- Register at the front desk or online @ www.ymcaavery.org

WHEN: 1/11/22 - 2/10/22
TIME: Tuesdays and Thursdays
8:30 - 9:15 AM
LOCATION: WILLIAMS YMCA OF AVERY COUNTY
436 HOSPITAL DRIVE
Linville, NC 28646
828-737-5500 ext. 319
Questions? Contact Erin Spear at
erins@ymcaavery.org

