



Fergus Falls YMCA

WOMEN ON WEIGHTS

WHAT IS W.O.W.?

Women on weights will teach you how to incorporate free weights into your workouts. This small-group class, led by a certified personal trainer, reaches lifting technique, exercises, and routines. The class will run 6 weeks. Boost your confidence as you build strength, flexibility, and more! All levels of experience welcome, ages 15+. There will be a 5:1 participant to trainer ratio.

March 19-
April 25


Tuesday & Thursdays
6:15pm – 7:00pm

Member: \$100

Potential Member: \$175



Questions? Contact Blake

 (218) 739-4489 ext. 205