



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FIND YOUR STRENGTH

Y Lift
AMERICANA YMCA

Y lift is a class designed to teach the why and the how behind lifting weights. You will be shown the proper form and sequence of strength training. Sessions are guided by a personal trainer with exercises developed around your abilities, limitations and goals. You will complete the session equipped with the knowledge and ability to complete a full body workout. Price includes 2 sessions per week. Sessions are six weeks. Class sizes are limited to 6 people.

WHEN: Tuesday/Thursday Oct. 22-Nov. 7, 2019 11:00 AM - NOON

COST: \$50 per participant

LOCATION: AMERICANA YMCA
4200 Liberty Way
Zachary, LA 70791
225-654-9622

Sign up at the front desk