



eliminating racism
empowering women
ywca

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Women and Weights

Marshalltown YMCA-YWCA

Women and Weights is a six-week program designed with the new weightlifter in mind. Using primarily tools found in the free weight area, you will learn proper lifting techniques, how to modify exercises, and gain confidence in your abilities all while making new friends!

- **Mondays and Tuesdays at 5-6pm**
- **Starts January 28th**
- **Cost: \$84 (members), \$114 (program participants)**

Get stronger and gain experience with the help of ACE Certified Personal Trainer and NANBF Natural Iowa Figure Class Competitor, Kate Bowermaster. The energy of the group will keep **YOU** committed, motivated, energized, and on track to reach your health and wellness goals.

LOCATION

Marshalltown YMCA-YWCA
108 Washington Street
Marshalltown, Iowa

FOR MORE INFORMATION

Curt Shaver
curt.shaver@ymca-ywca.org or 641.752.8658

**BACK BY POPULAR
DEMAND!**

REGISTER TODAY!