



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BE STRONG BE CONFIDENT BE HEALTHY

## Small Group Circuit Training DOW WESTSIDE YMCA

Take your fitness to the next level in just 4 weeks. Work out 2 times a week with your group led by your trainer. Grow stronger, leaner, improve balance and flexibility with a little friendly competition! Receive encouragement from your group and weekly weigh ins will keep you motivated and moving.

- Session begins November 2nd
- Registration begins October 5th
- Program cost \$95

**WHEN:** Mondays and Wednesdays  
**TIME:** 9:00am-10:00am  
**LOCATION:** DOW WESTSIDE YMCA  
ymcabr.org  
ktemplet@ymcabr.org  
225-687-1123

