



POWER STRENGTH

Small Group Class

Westside Functional Fitness Area

April 5th – 26th Fridays from 8-9am

\$28 for the month

FREE trial date – Friday March 22nd 8am

Register online, by phone or stopping at the Welcome Center!

Westside YMCA

This is a full body workout that focuses on the fundamentals of functional, power, strength, and endurance resistance training. This class features a circuit training format in a small group setting to achieve strength and power goals! While the class will focus on strength and power training through the use of free weights, resistance bands, barbells and more to engage every muscle to ensure a full-body workout, it will also include short intervals of cardio and core work!

REGISTER TODAY!