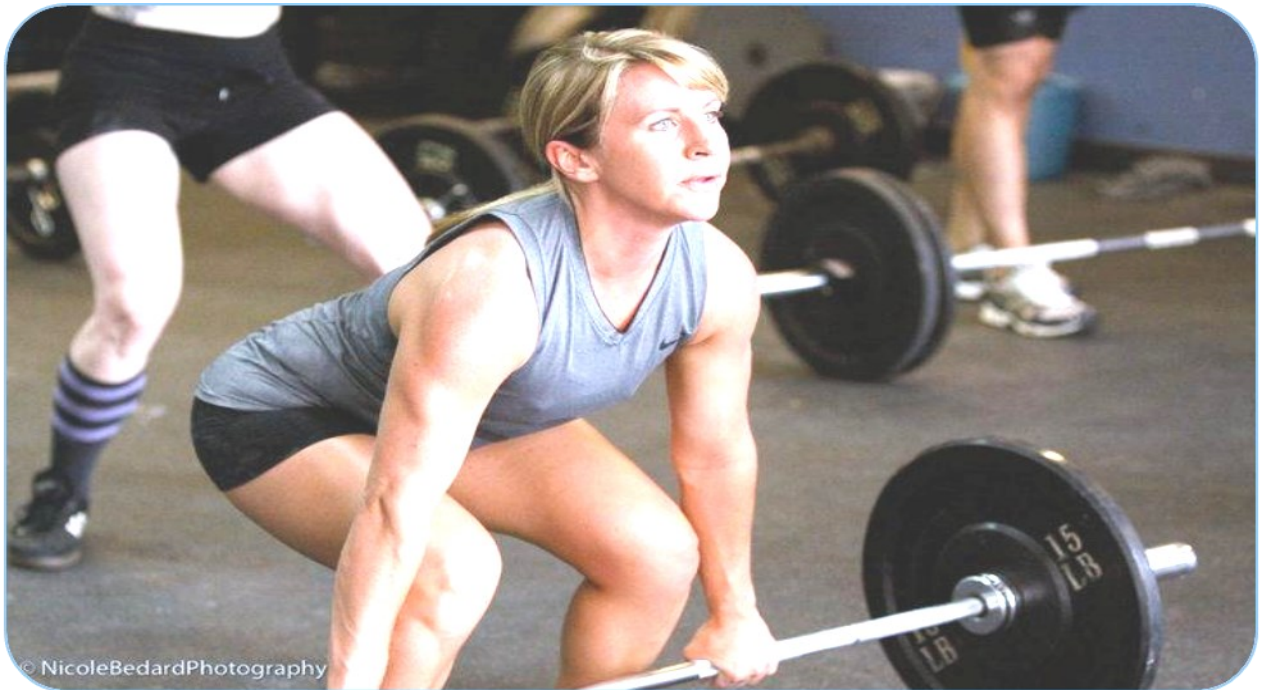




FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRONG & FIT

Instructor: Mary



You will be introduced to a variety of methods including:

Strength Training
Metabolic Conditioning
Endurance
Tone and Sculpt
Full Body Workout

Tuesdays & Thursdays
5pm to 6pm

Grants Pass Family YMCA

1000 Redwood Ave, Grants Pass OR, 541-474-0001

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