



WESTON YMCA FAMILY CENTER GIRL POWER CLASSES



JOIN GIRL POWER FOR:

- Nutrition Talks
- Group Fitness Classes
- Team Building
- Workouts with Personal Trainers

Helping young girls (Ages 12+) mentally, physically, and emotionally, to make good choices and achieve a positive self-image and way of life.

COACHES: Cynthia & Maria

Ages: 12+

Days: Mon, Wed & Fri

Time: 5:00 PM – 6:00 PM

Price:

Members - \$120

Non Members - \$200

For more information, contact:

Taut Scott | 954.424.9622 | tautscott@ymcasouthflorida.org

SIGN UP TODAY!

Weston YMCA Family Center
20201 Saddle Club Road
Weston, FL 33327

YMCA of South Florida
ymcasouthflorida.org