



WESTON YMCA FAMILY CENTER POWERLIFTING CLUB

JOIN POWERLIFTING FOR:

- Nutrition Tips
- Team Building
- Proper Lifting Techniques
- Working with Personal Trainers



The primary focus of this program is to teach the importance of developing solid techniques for different lifting workouts based upon each individual's body structure. This class consists of rotations through different workouts such as squats, bench press, and deadlifts each week.

COACHES: Nick & Chase

Ages: 13 -17 Yrs.

Days: Mon, Wed & Fri

Time: 4:00 PM – 5:00 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