



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRENGTH INSIDE & OUT

Strength & Conditioning Program MAGDALENA ECKE FAMILY YMCA

Olympic Lifting and Power Lifting meets Boot Camp and Cardio Conditioning! Combining the attention of personal training with the energy and value of group training, this program offers a full-body workout that emphasizes fun, functional movements done at relatively high intensity. No two workouts are the same, forcing you and your body to adapt, leading to continual progress and away from plateau and boredom. Feel better, move better, perform better and look better. **Sign up today!**

UPCOMING SESSION: JULY 28-AUGUST 22

MONDAY/WEDNESDAY/FRIDAY :: 6:00 AM :: MEGA STUDIO

\$125 MEMBERS :: \$185 NON-MEMBERS PER SESSION

6-10 PARTICIPANTS PER TRAINER

For more information contact Carrie Myers at cmyers@ymca.org or 760.942.9622 x1823.

