



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

February Specialty Class: Kettlebells

Have you been eyeing the new kettlebell rack in the Wellness Area but aren't sure how to use them? Join us in February for a specialty strength/cardio fusion class using kettlebells! This class is guaranteed to get your heart pumping and your muscles burning – don't miss out!

Wednesdays

6:35–7:35pm

February 1st, 8th, 15th, 22nd and 29th

Register at the front desk today – *availability limited to 15 per class!*

Cost:

\$5 per class for members

\$20 for the month (5 classes) for members

\$10 per class for non-members

\$40 for the month (5 classes) for non-members

Monthly Registration:

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

E-mail: _____

Copy of paid receipt should be attached to this registration form and put in Wellness Director's box.
Questions: Contact Megan Whitson or Sherry Howard at 864-433-9623.

Middle Tyger YMCA Family Center
720 Shoals Road, Duncan, SC 29334
P 864 433 9623 F 864 433 0226