



Winona Family YMCA

TEEN WEIGHT ROOM

INTERMEDIATE
/ADVANCED
CLINIC

Saturday, April 27
1-2:30pm

Join Easton in the weight room for a more in-depth and hands on weight room experience. Learn more about free weight exercises including: Deadlift, Back Squat, Bench Press, Romanian Deadlifts, Bulgarian Split Squats, etc.

There will be an opportunity for each individual to work on form, general programming recommendations, as well as ample time for questions at the end.

Must have completed and passed the standard Teen Weight Room Orientation



Registration is required
Members- FREE
Non-Members- \$10



Register in person or online: www.winonaymca.org