

StrongWomen Program



**Register
Now!**

The StrongWomen Program is designed for Active, Older Women to help increase strength, bone density, balance and energy and improve how you look and feel!

StrongWomen™ will catalyze positive change in women of all ages to live stronger, healthier lives by providing knowledge, inspiration, access to programs and ongoing support.

StrongWomen™ envisions a worldwide community of women who are fit, strong, and healthy; in turn, these empowered women will become positive agents of change for their families, communities and beyond.

April 9-June 25

Monday & Wednesday • 10:45-11:45 am (Katy) or 5:15-6:15 pm (Marsha)

Early Registration: February 1-April 4

\$10 late fee applied after early registration period.

Member: \$25 • Non-Member: \$35

**Classes will be held at the Downtown YMCA in Room C
For more information, contact Jessie Cutsinger at 754-9622 ext. 113**

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