



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Register with the front desk! In-person or over the phone (570.784.0188)

SENIOR STRENGTH TRAINING PROGRAM

A small-group personal training program designed with seniors in mind. This program will bring seniors through a periodized, safe, efficient & effective strength training program individualized to each of their specific needs.

WHEN: Mondays & Thursdays; Noon – 1pm

Session 1: 9/11 – 10/5

Session 2: 10/16 – 11/9

Per Session Pricing:

M: \$35/NM: \$50

Bloomsburg Area YMCA 30 E 7th St., Bloomsburg, PA