



# Barbell Club

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## Hoist Weight Room

It's an opportunity for a group of individuals to work out together focusing on all aspects of weight training. The club meets weekly to work out together under the supervision of a Y fitness trainer. Experienced and beginners are welcome!

### Adult Barbell Club

Mondays and Wednesdays 6:00 - 7:00 pm

**YMCA Member age 18 and up**

### Junior Barbell Club

Tuesday 4:00 - 5:00pm

**YMCA Member age 13 - 17**

*Goal setting and weekly workouts will be provided to track your progress.*

**No fee!! Y Members benefit**

**To participate you must register at the Y Welcome Center.**



Questions? Call the YMCA (607) 257-0101

Graham Rd. West, Ithaca, NY 14850

[www.ithacaymca.com](http://www.ithacaymca.com)

**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**