

# Intro to Free Weights

Whether you are an avid strength machine user or a runner looking to put on some muscle, free weight training can often be an intimidating step to take. The Y offers an introduction to Free Weight Training to make the transition easier. A certified trainer will take you to each free weight station and show you proper lifting technique, safety features and exercise variations. So take the next step and add free weight training to your fitness arsenal!

**No Charge - Included with Membership!**

**10:00 a.m. every 3<sup>rd</sup> Saturday of the month  
Deer Path Free Weight Room**

## 2011 Sessions

September 17

October 15

November 19

December 17

