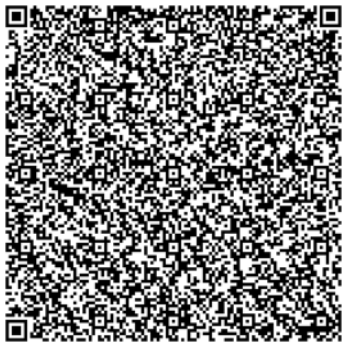


CARTHAGE YMCA
250 State Street
Carthage, New York 13619

For program questions contact:
Michelle Graham
Email: mgraham@nnyymca.org
Phone: 315.755.9622

For more information on programs,
memberships, services, and to
register: watertownymca.org



SCAN QR CODE
TO REGISTER

Check out these other great
YMCA programs:

- Ninja
- Swim Lessons
- Gymnastics
- Group Ex



GATEWAY FINANCIAL SCHOLARSHIP

To successfully achieve our goal of providing service for all youth and families, with the support of the **Northern New York Community Foundation**, the **WATERTOWN FAMILY YMCA**, provides financial assistance to those who cannot afford the memberships or programs fees. Assistance is based upon the applicant's income and expenses.

Applications are available at the Welcome Center or online. YMCA is committed to protecting the privacy of its members and maintaining their personal information in confidence.



Northern New York
Community Foundation



CARTHAGE YMCA
CARDIO AND WEIGHT
TRAINING CLUB
16+ YEARS

REGISTRATION OPENS
FEBRUARY 27TH



WHAT YOU NEED TO KNOW

Ages: 16+ YEARS

Location: Carthage YMCA

Start Date: March 24, 2025

End Date: April 16, 2025

Days & Times:

Mondays & Wednesdays

9:30 - 10:30 AM

Program Fees:

Member: \$10.00

REQUIRED EQUIPMENT

Water Bottle

Athletic Clothing & Sneakers

A Positive Attitude

Desire for CHANGE

CARDIO AND WEIGHT TRAINING CLUB

Elevate your fitness with our top-tier cardio machines, strength training equipment, and expert guidance from Instructor Samantha Aubin in a supportive environment. Whether you're looking to boost endurance, build muscle, or stay active, our club caters to all fitness levels.

Join today—train with friends, challenge yourself, and discover new ways to reach your goals!

Goals:

- Build cardiovascular endurance exercise up to 30-40 Minutes
- 2 Sessions per week.
- Increase knowledge of equipment use and heart healthy programming.



**ALL FITNESS LEVELS
WELCOME!
JOIN THE CHALLENGE
MAKE NEW FRIENDS!**

**FIND YOUR
CHALLENGE.
FIND YOUR Y.**



WATERTOWNYMCA.ORG