

**DOWNTOWN YMCA**  
146 Arsenal Street  
Watertown, New York 13601

For program questions contact:  
Michelle Graham  
Email: [mgraham@nnyymca.org](mailto:mgraham@nnyymca.org)  
Phone: 315.755.2133

For more information on programs,  
memberships, services, and to  
register: [watertownymca.org](http://watertownymca.org)



**SCAN TO  
REGISTER**

Check out these other great  
YMCA programs:

- Swim Lessons
- Indoor Soccer League
- Volleyball League



#### **GATEWAY FINANCIAL SCHOLARSHIP**

To ensure all youth and families have access to programs and services, **Watertown Family YMCA**, supported by **Northern New York Community Foundation**, **United States Army Child & Youth Services** and **United Way of Northern New York**, offers financial assistance to those who are unable to afford membership or program fees.

Assistance is determined based on each applicant's income and expenses.

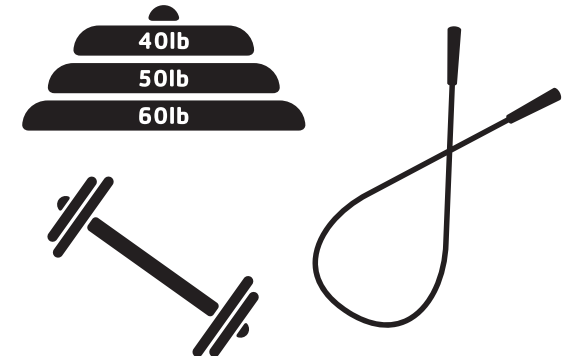
Applications are available at the YMCA Welcome Center or online. Watertown Family YMCA is committed to protecting the privacy of all applicants and safeguarding their personal information.



Northern New York  
Community Foundation



## **DOWNTOWN YMCA EVENING WOMEN AND WEIGHT TRAINING 18+ YEARS**



**REGISTRATION OPENS  
SEPTEMBER 5, 2025**



## WHAT YOU NEED TO KNOW

**Ages: 18+ Years**

**Location: Downtown YMCA**

**Start Date: October 7th, 2025**

**End Date: November 13th, 2025**

**Days & Times:**

**Tuesdays & Thursdays  
4:30-5:15 PM**

**Program Fees:**

**Member: \$85.00**

**Non-member: \$105.00**

**Military: \$95.00**

**Max Enrollment: 5**

## REQUIRED EQUIPMENT

Water Bottle

Sneakers

Athletic Clothing

## WOMEN AND WEIGHT TRAINING

Weight training offers numerous benefits that support both physical and mental well-being. It helps increase muscle mass and strength, improves bone density, and reduces the risk of cardiovascular disease.

Regular strength training can also boost metabolism, enhance mood and mental health, and contribute to greater confidence and a more positive body image.

Achieving fitness goals through weight training leads to improved self-esteem and overall health. Whether you're just getting started or building on your progress, adding strength training to your routine is a powerful way to feel stronger, healthier, and more empowered.

Join our bi-weekly Women's Weight Training Group today and take the next step toward a stronger you!



**Led by Keziah Landadio**

- Fitness Center Supervisor
- Certified Personal Trainer



**WATERTOWNYMCA.ORG**