

CHASCO FAMILY YMCA

NEW CLASS ALERT

BARBELL BASICS FOR MEN



Barbell Basics combines safety and technique. Increased strength improves your endurance, body composition, bone density and health. Strength training stimulates HGH, which aids in building muscle and burning fat. It also increases insulin sensitivity which helps control blood sugar and reduces risk of disease. Testosterone and other hormone levels are balanced with strength training and proper nutrition.

Session runs Oct 27 - Dec 14.

Tuesdays at 6:30pm

\$43 Per Member



**SUITABLE
FOR ALL AGES
AND FITNESS
LEVELS**

REGISTRATION INFORMATION IN SMALL GROUP TRAINING BROCHURE

CHASCO FAMILY YMCA
1812 N Mays St
Round Rock, Tx 78664
512.615-5511

