

## FAIRGROUNDS BRANCH

585 Rand Drive  
Watertown, NY 13601

### For program questions contact:

Paul Passino, Branch Director  
ppassino@nnyymca.org  
315.755.9622

Need financial assistance?

Know someone who does?

We can help.

### GATEWAY FINANCIAL SCHOLARSHIPS

To ensure everyone has 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 memberships, services, or program fees.

#### SUPPORTED BY



Northern New York  
Community Foundation



UNITED STATES ARMY  
CHILD & YOUTH SERVICES



UNITED WAY  
Northern New York



SCAN FOR APPLICATION or stop by the Welcome Center. Assistance is based on applicant's income and expenses. All information is kept private and confidential.



## FAIRGROUNDS BRANCH

### COED KETTLEBELL WEIGHT TRAINING

AGES: 16+

DATES: May 5 - June 11



## REGISTRATION OPEN NOW



Scan to Register

FIND US ON



VISIT US ONLINE AT  
**WATERTOWNYMCA.ORG**

**THE PLACE** for even more great YMCA programs:

- Indoor Sports Leagues
- Tennis & Pickleball
- Group Exercise Classes
- Swim Lessons
- Art & STEAM Programs
- Health & Wellness Programs
- Community Kitchen Classes

**THE**  
Where You Can  
Really *Do It All*  
**PLACE**



## COED KETTLEBELL WEIGHT TRAINING

### LOCATION

Fairgrounds YMCA Fitness Center

### AGES

16+

### DATES

May 5 - June 11

### DAYS/TIMES

Tuesday and Thursday  
6:15 - 7:00 PM

### PROGRAM FEES

Members	\$75.00
Non-Members	\$100.00
Military	\$95.00

### REQUIRED EQUIPMENT

Water bottle  
Sneakers  
Athletic clothing

### COED KETTLEBELL WEIGHT TRAINING

offers numerous benefits including increased muscle mass and strength, improved bone density, reduced risk of cardiovascular disease, and improved metabolism.

It's a valuable addition to any fitness routine and can contribute to overall health and well-being.

Achieving fitness goals through kettle bell weight training can also lead to enhanced mood and mental health, as well as increased confidence and body image.



**LED BY YMCA PERSONAL TRAINER,  
MAIVEN MCKNIGHT**

Questions?  
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