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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# INTRODUCTION TO BARBELLS

**\$20 for Members / \$25 for Non-Members**

**Instructor: Victoria Brown, CPT**

**FERRUM YMCA**

Participants will become familiar with the four main barbell lifts over four weeks of training. Proper form, safety techniques and a routine for increasing overall strength, stabilization, and endurance will be provided. Participants are encouraged to wear thin, flat soled shoes. The four main lifts include:

- Bench Press
- Back Squat
- Deadlift
- Overhead Press

**WHEN:** March 12th—April 6th

**TIME:** Mondays 12:15pm-1pm & Fridays 4:30pm-5:15pm

**LOCATION:** STUDIO A

**Visit, call, or email us today to get registered!**

Ferrum YMCA  
333 Wiley Drive Ferrum, VA  
(540)365-4228  
ferrumymca@gmail.com