



Swole and Flexy

OCT. 21TH - NOV. 25TH
MONDAY & WEDNESDAY
AT 4:15 PM - 5:15 PM
STUDIO B

THE SWOLE AND FLEXY PROGRAM, LED BY JACOB KLATKIEWICZ, FOCUSES ON STRENGTH TRAINING PROGRESSION, MOBILITY, AND FLEXIBILITY. IT EMPHASIZES PROPER TECHNIQUE AND MOBILIZATION FOR FREE WEIGHT MOVEMENTS IN A STRUCTURED 6-WEEK PROGRAM.

BECOME STRONG PHYSICALLY AND MENTALLY

12 SPOTS AVAILABLE

\$40-MEMBERS | \$60-NON-MEMBERS

CONTACT INFO: JACOB KLATKIEWICZ KLATKIEWICZ@SWCYMCA.ORG