



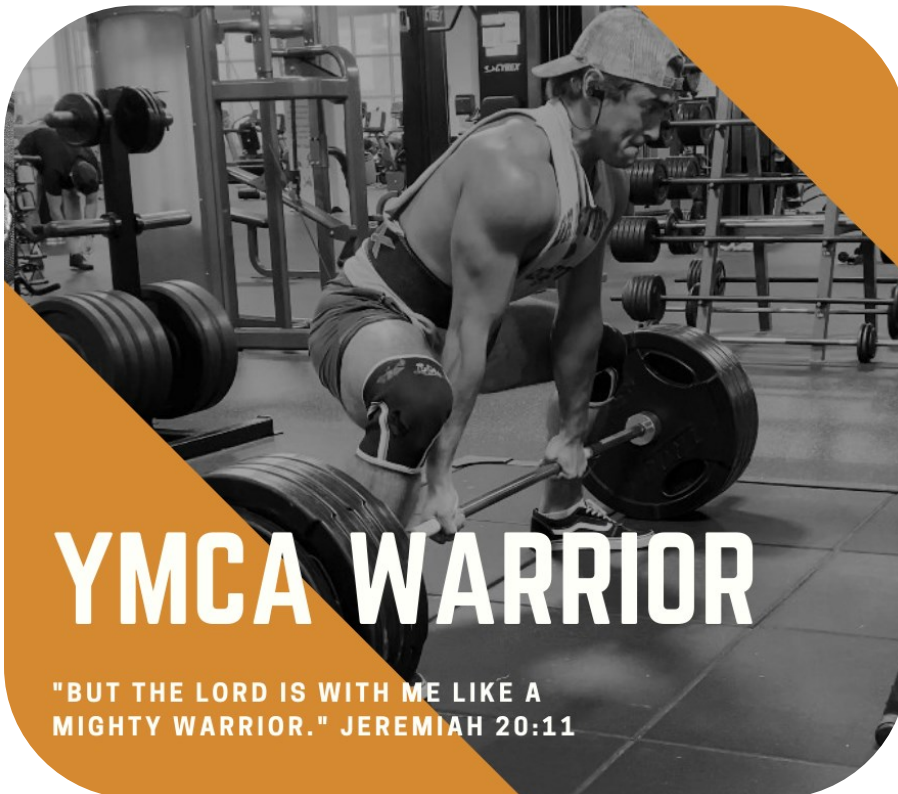
# WARRIOR POWERLIFTING

Team Cost: 15/month

- Personalized lifting program specific to your goals
- Team-only work out sessions
- Participant or Competitor Option
- Team T-shirt and up to 50% off the registration fee for two meets per year (after 3-month participation)
- Open to any member over the age of 14

Some of the greatest battles men and women have fought is with themselves. With the Warrior Powerlifting Team, veterans will have the opportunity to push themselves to new levels in the gym, allowing for physical growth and mental toughness to increase.

This veteran led program is designed to help build each other up and offer support while transitioning from military to civilian life.



## YMCA WARRIOR

"BUT THE LORD IS WITH ME LIKE A MIGHTY WARRIOR." JEREMIAH 20:11

For more information contact  
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