



ULTIMATE SANDBAG TRAINING

SANDBAG TRAINING CLASS AT THE Y

Sandbag training develops muscular endurance, cardiovascular fitness, as well as calling into play all the important stabilizer muscles. Sandbags are great for strengthening ligaments and joint-ligament structures.

Holding, pressing, pushing, pulling, lifting, rowing, throwing, carries, drags and lifts provide a total body workout. Sandbags are one of the most functional pieces of strength training equipment available.

- Only 6 spots available.
- Class is every Saturday at 10am in February.
- \$10.00 per class.
- Signups will be every Friday starting at 6pm at Front Desk.

