



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LIFT OUR COMMUNITY

Powerlifting Event

The Greater Marinette-Menominee YMCA

Bench, Deadlift and/or Squat – 1 Rep Max
\$5 each category participating in. Ages 14 & up

Pre-Testing Days/Times:

Jan 29 & Jan 30 – 7 am, 7:30 am, 8:00 am, or 8:30 am

Jan 31 – 4:45 pm, 5:15 pm, 5:45 pm, or 6:15 pm

IN 6 WEEKS – TEST YOUR ABILITIES AGAIN!

March 12 & 13th – 7 am, 7:30 am, 8:00 am, or 8:30 am

March 14 – 4:45 pm, 5:15 pm, 5:45 pm, 6:15 pm

*You will choose a time slot that works best with your schedule at registration.
Add'l times available if needed.*



Register at Welcome desk. For more information, contact Kristen Weglarz

Greater Marinette-Menominee YMCA 1600 West Dr. Menominee, MI 49858 906-863-9983 www.mmymca.org