



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Bench Press Competition

Come join us for our second annual Bench Press Competition on Saturday, September 16th at 12:00pm.

Men's Weight Classes

148 and below

148 - 165

166 - 181

182 - 198

199 and above

Women's Weight Class

Based on body percentage.



We will have medals for the top three winners in each weight class and a trophy for the overall winner for both the men's and the women's classes! We will have chalk available but we will not allow gloves.

Register at the Bedford Area Family YMCA or mail to:

Bedford Area Family YMCA

P.O. Box 1026

Bedford, VA 24523

Pre-Registration begins August

Members: \$15

Program Members: \$20

Day of Competition Registration

Members: \$20

Program Members: \$25