

# The benefits of Weight Training include:

- increased strength & endurance
- increased muscle mass
- weight management
- increased energy and self-confidence



Ion Radulescu, Program Instructor

For information on these programs,  
contact our Membership Sales Desk.  
Register now! Space is limited.



#### Our YMCA Mission:

The YMCA of Greater Toronto is a charity offering opportunities for personal growth, community involvement and leadership.

#### Our Vision:

The YMCA of Greater Toronto will focus on making connections: connecting people, connecting with youth and connecting with the community.

The YMCA Specialized  
Weight Training Program  
Personal Training Program





“I decided the climb Mount Kilimanjaro in Tanzania. Joining Ion's weight program gave me ‘the edge’ I needed to successfully summit Kili. I've continued with the program under Ion's guidance, and enjoy the benefits of working out with free weights.” —*Bryan Blenkin*



“In the past year, working with Ion's coaching and the free weights program, I lost 83 pounds, went from a size 22 to a 14, and grew an inch and a half! My endurance and self-esteem have risen tremendously.” —*Gina*

## The YMCA Specialized Weight Training Program and Personal Training Program

is designed for men and women of any age, whether they are beginner, intermediate or advanced.

Work at your own level, set your own pace and learn the correct technique that will help you achieve your goals.

Program Specialist

**Ion Radulescu**

has many years of experience teaching weight training, both as a personal trainer and in group settings.

Each program runs for ten weeks.

Weight Training Sessions run:

**Monday • Wednesday • Friday**

6:30 – 8:00am, 8:00 – 9:30am, and  
10:00 – 11:30am.

Personal Training Sessions run hourly:

**Tuesday & Thursday**

starting at 6:00am and ending at noon.  
Register at the membership sales desk.



“Weight training has produced terrific results for me. Within a few weeks, I lost the tire around my middle, improved my posture, and eliminated back problems and general aches and pains. It's the fountain of youth! But if you don't know what you're doing with weights, you're wasting your time. Ion's instruction targets the right muscles, with the right exercises, done exactly the right way so your effort is efficient and you get the maximum result in the shortest possible time. He cares and he makes it enjoyable. I cannot recommend Ion's program highly enough.” —*Peter Lanyon*



“Doing weight training with Ion for a over a year has made such a huge improvement in our lives. We're stronger, fitter, trimmed down, and toned up!” —*John Otter & Patricia Curley*