



NEVADA SENIOR GAMES 2017 WEIGHTLIFTING/FITNESS

Fitness for the Fun of It

Competition by Age Group

45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+
(Age group determined by age as of December 31, 2017)

Bench Press, Arm Curl, Leg Press

Pullups, Pushups, Situps

(Weight divisions begin at 125 lbs in 10 lb increments)

Saturday, Sept. 23: 1:00 – 4:00 p.m.

**Location: Durango Hills YMCA
3521 North Durango
Las Vegas, NV 89129**

**Coordinator: Jay Dash
jaydash@rocketmail.com
(310)497-1493**

For More Information

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