

FITNESS CLASS DEMO NIGHT!

WHEN: Monday, January 14th

TIME: 5:30pm-9:00pm

WHERE: Superior YMCA Gymnasium/Multi Purpose Room

COST: FREE to Members and Non-Members

Come try a sample of ALL the classes the Y has to offer in one night! From strength training to cardio, to Zumba and mind/body classes, your Superior YMCA has it all!

Contact Jen for more information: jrosnau@superiorymca.org

**Demo night schedule
will be posted Jan 7th**

SUPERIOR DOUGLAS COUNTY FAMILY YMCA
9 N 21st Street, Superior, WI 54880
715-392-5611 www.superiorymca.org



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