



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Members & Friends!

You're invited to test a new

Parent & Child Fitness Class

Who: Parent/caregiver and child (age 1-5)

What: A group fitness class

When: Mondays in October from 9-9:45am

(2, 9, 16, 23 & 30)

Where: Gym

Why: Have fun and bond with your child!

Model healthy behavior!

Get a great workout!

How Much: Members- FREE General Public \$5

RSVP: No need- just show up!

Check out the pool schedule for family swim after!

(Daily Fee required for general public)