



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FRIENDS WHO MOVE TOGETHER STAY TOGETHER

Health, Well-being & Fitness
UNIVERSITY FAMILY YMCA

JANUARY OPEN HOUSE

FITNESS FUN

Back-to-back classes, refreshments, chair massage, prizes, and more!
Free for non-members.

**BRING A NON-MEMBER FRIEND
AND BE ENTERED IN A DRAWING
FOR FREE PERSONAL TRAINING!***

*one entry for each friend you bring!
Drawings will take place throughout the event.

WHEN

Saturday, January 21, 9:30am-12:30pm

SCHEDULE OF CLASSES

TRY SOMETHING NEW!

9:30-10 am STEP with Debe
10-10:30 am ZUMBA with Lis
10:30-11 am BODY SHOP with Kyra
11-11:30 am TURBO KICK with Melissa
11:30-12 am HIP HOP with Leah
12-12:30 pm YOGA with Beverly D.

Please note this class schedule is subject to change.



AND...

YOGA FOR SLEEP
WORKSHOP at 1pm with YMCA
yoga instructor Cindy.
Includes guided relaxation.

QUESTIONS?

Contact Hayden Wartes,
Health & Well-Being Supervisor
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