



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

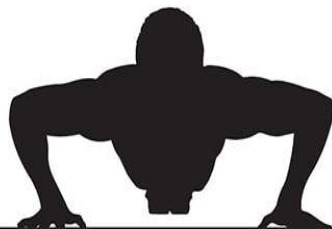
FITNESS BLITZ

CENTRAL YMCA

Join us for 90-minutes of high-intensity, high-energy fun while you get in a great workout! This special class is broken into three 30-minute sessions: Spinning, Boot Camp and Jump Stretch.

Saturday, September 16
8-9:30 am

Free to members and \$10 for non-members. Please register at the Front Desk.



BOOT CAMP