



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SET NO LIMITS



Pink Ribbon 30-30-30

Breast Cancer Awareness!



**30 Minutes
SPINNING**



**30 Minutes
STEP CIRCUIT**



**30 Minutes
POWER SCULPT**

Saturday, October 14th at 7:30 a.m.

with Mary Jo, Melanie & Debbie

DAVIS FAMILY YMCA • Spinning Room & MPR

Wear pink to raise awareness for breast cancer. Free to members • Must sign up online or at the service desk • Bring headphones, towel and water. Non-members pay \$10 guest fee.