



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL FOR FUN AND FITNESS AT THE Y

COMMUNITY OPEN HOUSE

SATURDAY, SEPTEMBER 21
10:00 AM - 2:00 PM

Come try the Y for free!

- 10:00 - 11:00 AM Aquatics Q & A
- 11:15 - 11:45 AM Try-It HIIT Fitness Class
- 12:00-12:30 PM Intro to Total Body Strength
- 12:45 - 1:15 PM Try-it Spin Class
- 12:30 -1:30 PM Jungle Gym
- 12:00 - 2:00 PM Open Family Swim

Enjoy complimentary fitness classes, healthy snacks, tours and free child care while you workout!



MEMBERSHIP SPECIAL
\$0 Joining Fee

Valid through September 30, 2019