

YHEALTH & WELL-BEING™

We build strong kids, strong families, strong communities.

“Mile/Hour a Day Club” July 23rd – September 23rd

Stay fit this summer and feel great exercising in our climate controlled, air-conditioned Fitness Center, taking a group exercise class, swimming in our pool or having fun in the gym.

Come in and complete a mile/hour by biking, running, walking, swimming, elliptical, rowing, or group exercise. Then Find a staff and record your distance.

The top people to compile the most miles/hours in their age group will receive prizes.

Age groups: 14-17, 18-25, 26- 33, 34-41, 42- 49, 50-57, 58-65, 66 & up

FREE TO MEMBERS

It's as easy as 1, 2, 3....

1. Register at the front desk for “*Mile/Hour a Day Club*”
2. Come work out at the YMCA as many times you would like with no limits on how many miles you can record.
3. Feel better, stay active & fit, and possibly win prizes after September 23rd.

HAVE FUN...STAY FIT...ENJOY THE Y THIS SUMMER!