



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TOGETHER IS BETTER GROUP EXERCISE CHALLENGE! HARRISON FAMILY YMCA

February 12th-March 12th

With over 40 various water and land exercise classes to choose from, the Y offers members exposure to a social and fun environment, a safe and effectively designed workout, an accountability factor, and a workout that requires no prior exercise knowledge or experience!

All at no extra cost.

Attend at least **10 classes** between this time to win a **water bottle & t-shirt!**

Try any class upstairs or in the pool!

*Pick up your challenge card from the Front Desk and have your instructor initial your card after each class that you complete! Turn in your card to the Front Desk by March 12th, and if you have at least 10 classes initialed, you will get your prize! **Better Sore than Sorry!**

