



BURN CALORIES for CARDV



Admission is free for both Y & Non-Y members.

We are collecting the following items for CARDV:

Women's shaving cream, children's shampoo, diapers sizes 3+, baby wipes,
gas cards to Casey's, GoPhones, & prepaid phone cards.

Saturday, January 4, 2014

8:00a-8:45a Group Cycling Studio 2

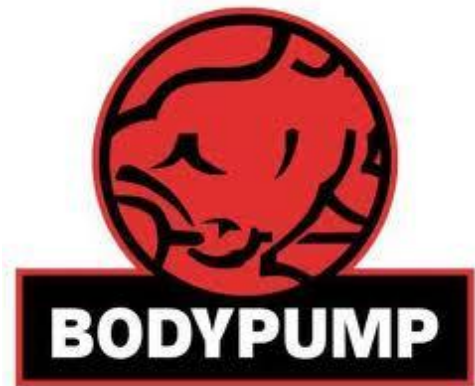
8:30a-9:20a Step Aerobics Studio 1

9:30a-10:30a **BODYPUMP LAUNCH 88** Gym

Mat Pilates Studio 1

10:30a-11:30a **BODYPUMP LAUNCH 88** Gym

Zumba Studio 1



Participants must be 15 and older. Free childcare (ages 8 and under) from 8a-11:30a.

For additional info, contact fitness coordinator Jennifer Books at 642.1065/jenniferbooks.ymca@sbcglobal.net.