

# Fitness Nights @ the YWCA. Come join us for the Spring Session!



The YWCA is offering a special 10-week fitness recreation program for individuals with developmental disabilities. Come ride the bike, run on the treadmill, use our strength machines and more.

Instructor will be available in the fitness center to help assist individuals during scheduled hours.

## Let's work out and have fun!

April 4 — June 8, 2017  
Tuesdays & Thursdays  
Time: 5:00—7:00 pm  
Fee: \$120 for 2 days/week

eliminating racism  
empowering women  
**ywca**

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