



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



WITH MOVEMENT THERE'S IMPROVEMENT

Help us Celebrate You on National Senior Health & Wellness Day

Tuscarawas County YMCA invites all
Active Older Adults to Come Try the Y

Wed May 29 / 9 AM-NOON

Group Tours at 9, 9:30, and 10 AM

- Join one of our Great Fitness Classes (FREE)
 - 9 AM Everybody Fitness (60 min)
 - 9 AM Intro to Yoga/Meditation (30 min)
 - 10:30 AM SilverSneakers Classic Class (45 min)
 - 10:30 AM Hydro Fit Deep Water Toning (45 min)
 - 10:30 AM Enhance Fitness (60 min)
 - 11—Noon Blood Pressure Checks by Cleveland Clinic Union Hospital and Sleep Disorder Risk Test/Survey by Trinity Hospital Twin City
 - 11:15 Smoke Alarm Information by the American Red Cross
- Plus more YMCA Information about membership and classes.
Door Prize Drawing for those who complete a YMCA Program Survey. Light Refreshments

FREE ONE WEEK TRIAL for New Visitors

MEET NEW FRIENDS / DISCOVER FITNESS / ACTIVATE YOUR SPIRIT

TUSCARAWAS COUNTY YMCA
600 MONROE STREET, DOVER 330-364-5511 WWW.TUSCYMCA.ORG

