



FIND YOUR FIT

**5 CLASSES TO GET YOU STARTED ON
ACHIEVING YOUR GOALS FOR THE NEW YEAR**

WEEK 1: Thursday, January 4th at 10:00AM

New Year, New Lifestyle with Theresa. Learn the tools needed to charge the body's fuel source and energize your metabolism.

WEEK 2: Wednesday, January 10th at 12:30PM

Less Stress in the New Year with Sandra. Breathing techniques and stretch poses to refresh your body and mind.

WEEK 3: Tuesday, January 16th at 8:00AM - 10AM

**Are you at risk?
Blood Pressure Screening with Sam.**

WEEK 4: Monday, January 22nd at 12:30PM

Low Impact Cardio Dance with Val. Get your Heart Pumping with moves that will make you sweat.

WEEK 5: Wednesday, January 31st at 12:30PM

**Sit and Fit with Sandra.
No need to get out of the chair.**

Ask Y staff to help you determine your goals for the New Year



#MyYGoals