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# Group Exercise Open House

**FREE TO  
EVERYONE**

(non-members  
please arrive early  
to sign waiver)

## Tuesday, January 4, 2022

Sample our group  
exercise classes  
before you commit  
to your New Year's  
Resolution!

Try out 15 minute increments of the typical 1-hour class

- AM Session (7:00am-9:45am),
- PM Session (4:30pm-7:45pm)
- 13 Different Classes • 8 Different Instructors
- 4 Different Intensity Levels

**Bloomsburg Area YMCA**  
**[www.bloomsburgymca.org](http://www.bloomsburgymca.org)**

**30 East 7th St., Bloomsburg**  
**570-784-0188**