



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CROSS COUNTRY SKI OR SNOWSHOE SHAPE-UP CLASSES

CONDITION FOR A 5-MILE SKI OR 2.5-MILE SNOWSHOE 36TH Annual Highmark QUAD Games

Set a goal for yourself to shape-up for the Highmark QUAD Games' 5-mile cross-country ski or 2.5-mile snowshoe at picturesque Wilderness Lodge on Sunday, Jan. 21, 2018.

All Games participants are champions and our shape-up class will be just the support you need to cross the finish line with pride!

These shape-up sessions are perfect for all current fitness levels. Get a cardio boost through a variety of aerobic exercises designed to condition your body for this outdoor exercise.

Schedule: Tuesdays & Thursdays, 5:30 -6:30 p.m. Jan. 2 -18 (6 classes) at the Downtown Y, 31 West 10th Street. Cost is \$10/participant

Program led by Craig Davic, A.C.E Certified Advanced Health & Fitness Specialist

For more information, call Kelly Latimer at 449-9375 or Monica Olesnanik at 452-3261.

