



Try the YMCA!

Free Master Classes! Open to the public!

Join us!

Monday, January 19th		6:15-7:45PM
Tuesday, January 20th	<i>Low impact class!</i>	10:00-11:30AM
Saturday, January 24th		10:00-11:30AM

Come out and enjoy a variety of exercises incorporating current class formats plus new up and coming fitness trends, all packed into a great workout!


Attend any of the master classes and receive a complimentary 3-visit pass! Please bring photo ID and a lock.

When you're a part of the YMCA, you automatically become part of a community. Our doors are open for you to get healthier, find support, and make friends for life. We're the place where children, adults and families thrive together and build healthier communities!

William Lutsky Family YMCA

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 @WLutskyYMCA

Building healthy
communities