



PROCEEDS BENEFIT OUR ANNUAL SUPPORT CAMPAIGN



**EXCLUSIVE FITNESS PASS SCHEDULE**

	COMMUNITY ROOM	STUDIOS	STRENGTH CENTER	CONFERENCE ROOM
7-8am		Barbelle Heavy with Kathy & Lisa		
8-8:30am	Intro Group Ex with Kathy	FTP Testing with Deb G.		Mediterranean Cooking
8:45-9:30am	Intro Small Group with Kathy	Mobility with Kelly	Pilates TRX with Sarah	"Eat Your Rainbow"
10-10:30am	Desk Yoga with Kathly	Iron Yoga with Catherine		Portion Control Healthy Snacks
10:45-11:30am	"Walk By Faith" with Kaycee			
12-1pm	Personal Trainer Panel			Diabetes Prevention Success Stories



ROSE E. SCHNEIDER FAMILY YMCA'S

**Y DAY OF GIVING**

MIND. BODY. SPIRIT. PHILANTHROPY.

WITH NEXTIER'S \$10K MATCHING GIFT



SECURE YOUR FITNESS PASS



**tues  
mar  
17**

**choose your own schedule!**

exclusive workouts & classes  
wellness vendors  
giveaways & snacks  
fun fitness experience

