



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TOGETHER WE CAN BUILD A BETTER US.

Strong by Zumba for YMCA Strong Kids



**Date: April 22**

**Time: 3-5 pm**

**Location: Gus & Flora Kerasotes YMCA**

**Instructor: SBZ Certified Instructor Ali Griffith**

**Cost: \$10 per person**

**Registration: Online @ YMCA website or Facebook**

**Event details:** Strong by Zumba combines high intensity interval training with the science of reverse engineered music. This hour long class taught by SBZ certified instructor Ali Griffith is designed to push your limits as the music motivates you. All ticket sales go straight to the YMCA Strong Kids campaign. All participants will be entered for door prizes and Cub Cadet lawnmower giveaway.