

TOTAL BODY TRANSFORMATION INFORMATIONAL Q&A 1/15 & 1/16

Join us for our Total Body Transformation Q&A at 6:30 PM on January 15, at the Downtown Y Lower Program Center and January 16, at the Kerasotes Y Multi-Purpose Room. Find out if you have what it takes to embrace the challenge!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Challenge begins
2/2/20

WINTER  **WORTHY WORKOUTS**
Embrace the challenge! Choose your winter fitness solution.