



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Blast the New Year Workout!

1-1-2020

Blast the New Year workout using Myzone, Includes HIIT and Strong by Zumba

Time: 10-11am, doors open at 9:30am

Location: Kerasotes YMCA

Free to Members

Public \$5.00

Win a Myzone belt! Must be present to win