



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DISCOVER GROUP EXERCISE

HEALTHY LIVING



Saturday, March 17th 11:45-1:45pm
Come to our open house for group exercise. Try one, try two or try them all getting over an hour and a half of exercise for you mind, body and spirit. All levels welcomed as each unique exercise can be modified. This event is free and open to everyone, please invite your friends and neighbors.

Contact Laura Gilbert for more information.
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METROWEST YMCA

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