



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AWARENESS BALANCE ALIGNMENT

HEALTHY LIVING



Will Power Method

This workout is as philosophical as it is Physical; A full-body functional workout using the smartest and safest barefoot training methods to strengthen your feet while progressively correcting any imbalances in your ankles, knees, and Hips.

Join Colleen on Friday mornings 8-9 in
The Spirit, Mind, and Body room.
Free class to members

For more information contact
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METROWEST YMCA

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