

CRUSHING GOALS.

ANOTHER REASON Y.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MEETS 3X PER WEEK
JAN. 6 - APR. 7 | \$234 MEMBER

NEW YOU | 12-WEEK CHALLENGE

Blake– M,W,F at 5:00a

Blake– ,T,TH at 9:00a

Jennifer-Sun 1:30p and M,W at 4:45p

Ken– M,W,F at 4:00p

Melissa– M,W,F at 6:00p

Jack– T,TH at 5:30p and Sat 9:00 a

Senior Fitness Director –John Grundy (316) 776-8266

GREATER WICHITA YMCA | YMCAWICHITA.ORG | FACEBOOK.COM/YMCAWICHITA