

the

YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FIND YOUR FIT

FREE FITNESS EVALUATIONS IN DECEMBER

WHAT'S INCLUDED?

- Evaluation by one of our certified personal trainers
- BMI testing
- Evaluate cardio endurance, blood pressure, resting heart rate, and strength
- Tips on fitness and nutrition if needed

Call your branch or stop at the front desk to sign-up!

Ironworks: 608-365-2261

Roscoe: 815-623-5858

