

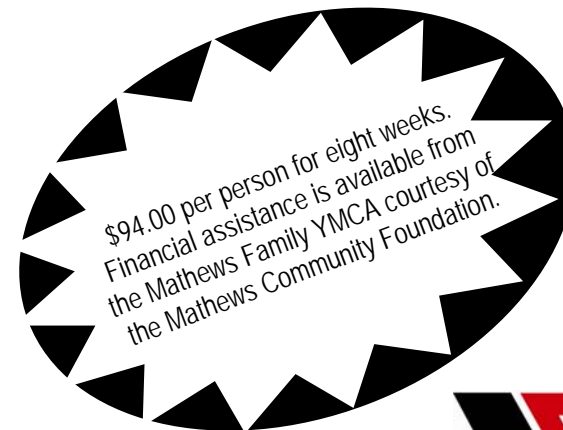
Fit Script

Mondays and Thursdays

5:30—6:30 P.M.

at the Mathews Therapy Center

The YMCA has teamed up with local doctors to bring you this specialized exercise prescription program. The eight week program offers personalized exercises designed to increase fitness, function and your overall health. This program could be a good match for you if you have special health needs, a complex health history, chronic illness, or need post medical treatment such as post-cardiac or physical rehabilitation. A lifestyle consultation is given at the beginning of the program to establish your specific needs and to set personal goals.



How do I enroll in Fit-Script?

To schedule an appointment or to find out more about the Fit-Script program, Call the Mathews Family YMCA at (804) 725-1488 and ask for Kim Leyba. Or visit us at: www.peninsulaymca.org/branches



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**We build strong kids,
strong families,
strong communities.**