

# SAMPLER CLASS!



Have you always wanted to try one of the group exercise classes offered by the Mathews Family YMCA? Here's your chance to sample them all. Suitable for all levels, this class will include a variety of exercise types. Each class will introduce a different format.

Tuesdays and Thursdays

From 9/14—10/21

6:30 —7:30 pm

Kingston Parish

Free for members

\$40 for 6 weeks or \$7 to drop-in

AEROBICS

PILATES

BOOT CAMP

ZUMBA

YOGA

STEP



**Peninsula Metropolitan YMCA**

We build strong kids, strong families, strong communities.

Financial assistance is available for those who are unable to participate due to their inability to pay the full program fees. Ask about our Guardian Program.

All of the Mathews YMCA programs are conducted with financial support from the Mathews County Parks and Recreation funding.

**INFO & REGISTRATION**

**Mathews Family YMCA**

**10746 Buckley Hall Rd.**

**804-725-1488**

**[www.peninsulaymca.org](http://www.peninsulaymca.org)**