



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

7/11

## FIT FOR LIFE

### What is it?

This 60-minute class is a free-style mix of speed walking (or running), jumping rope, basic aerobic patterns and sports conditioning moves. No rhythm required! Includes a warm-up, aerobic section, cool-down, floor-work, and stretching.

### Who is it for?

This class is for all fitness levels. You can participate at your own level, beginner to advanced, as the instructor demonstrates different options.

### What do I wear?

Wear athletic shoes and comfortable clothes that allow you to move freely --- shorts, T-shirt, sweatpants, etc.

### Where should I go on the first day of class?

Come to the front desk and tell them you are here for Fit For Life, and they will direct you to the Aerobic Studio or Gym (depends on YMCA location).

### How do I register?

This is a free program for members only. See our current Group Exercise Schedule for class days and times or call 436-9622.

### Other Information?

Contact:	Broadview Center	436-9541
	Downtown Center	436-9552
	West Side Center	436-9533
	East Side Center	436-1230

#### YMCA Mission Statement

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

**Membership For All** helps to ensure that everyone belongs at the YMCA, regardless of income level. For information contact the YMCA at 436-9622.