



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

7/11

## SIT AND BE FIT

### What is it?

This 30 or 45-minute class (depending on the YMCA location) is a fun and challenging, chair-based class. The instructor works with a variety of equipment including tubes, balls, towels, bands and dowels.

### Who is it for?

This class is for older adults who want to work on building strength, flexibility and balance.

### What do I wear?

Wear comfortable clothing and athletic shoes.

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

Come to the front desk and tell them you are here for Sit and Be Fit, and they will direct you to the designated area for the class.

### How do I register?

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

### Any other questions?

<u>Contact:</u>	Broadview Center	436-9541
	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 or [www.greenbayymca.org](http://www.greenbayymca.org).