presents

Mix-It-Up Exercise Sessions

Are you looking for an invigorating, fun workout program that burns lots of calories and strengthens and tones muscles?

Look no further!

Join us each Thursday
February 1st – April 26th
5:30 p.m.– 6:30 p.m.
at the Wayne Center
(on the corner of George and Chestnut Sts)

We’ll be doing a full hour of:
• Cardio
• Strength Training
• Stretching

Never the same class twice!
$3 per person payable at each session.
Call the Extension office at 731-1525 to register.

YMCA instructor

Be sure to bring a mat, towel, water, and a positive attitude. Dress comfortably and don’t forget the proper shoes.