

**Did you know we offer a variety of classes and programs that recognize the exercise needs of adults 50+ years old?**



**JOIN TODAY!**

**\$0 Joiner's Fee  
if you sign up before  
December 31, 2015**

# STAY FOREVER FIT

**Burn calories, maintain muscle and feel younger at the Y!**

**Enjoy improved strength, balance and endurance in a low impact way**  
with BODYPUMP™, BODYFLOW™, Low Impact Step, Low Impact HIIT, or any of our water aerobics classes

**Increase flexibility and release stress**  
with Gentle Yoga, Tai Chi, Simple Stretch and Deep Stretch

**Have a blast with your friends**  
with drop-in Pickleball, Pickleball league and tournaments

**Socialize after**  
with free coffee, newspaper and wifi in our front lobby!



**MANKATO FAMILY YMCA**  
1401 S. Riverfront Drive  
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[www.mankatoymca.org](http://www.mankatoymca.org)