the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BETTER TOGETHER



Bring a friend and play your way to better health

Group Exercise Punch Card
$60 FOR 10 CLASSES

- Good for use at any of the York County YMCA branches
- Classes include water or land based group exercise opportunities focusing on cardiovascular health, strength, endurance, balance and flexibility.
- Free Kidwatch and Childwatch available.

MANY CLASS OPTIONS ARE AVAILABLE: BODYCOMBAT, BODYPUMP, BODYFLOW, ZUMBA, YOGA, GROUP CYCLE, STABILITY BALL, SILVERSNEAKERS, TAI CHI, AQUA ZUMBA, WATER IN MOTION, DEEP WATER EXERCISE, SENIOR SWIM & EXERCISE AND MORE.

YMCA OF YORK AND YORK COUNTY

Bob Hoffman Dover Branch 717-292-5622
Southern YMCA Branch 717-235-0446

WWW.YORKCOYMCA.ORG

Eastern YMCA Branch 717-755-7144
York YMCA Branch 717-843-7884