



LET'S START YOUR JOURNEY

At the Westwood Family YMCA, our fitness classes help our members change their lives every day.

Our team of fitness experts will guide you through over 26 fitness classes 6 days a week – guaranteed to get you moving and kick-start your Happy, Healthy New Year.

We'll guide you on a journey to improve health, fitness and change the way you feel about yourself.

Make your world a fitter place and start today!



DEMO WEEK:

All fitness classes are offered **FREE** to the public. Grab a buddy and try a class.

January 9-14th, 2012.

Pick up your copy of the

January 2012

fitness class schedule

at the

Member Services Desk

or

visit our website at

ymca.woodbuffalo.org