



**CHANGING
FOR GOOD**

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



January 29 - 31, 2019

8:00 am - 6:00 pm

Tours • Refreshments

Invite a Friend

Try the Y at No Charge

Includes Open Swim Jan 30

7:00 - 8:30

Free & Open to the Public



Learn about our specialized programming including Parkison Wellness, Rock Steady Boxing, Med Fit, and new offerings such as boxing training and self-defense classes. See the additional space dedicated to stretching, personal workouts, and personal fitness training. With new Precor treadmills and several new wheelchair accessible machines, along with several other new items, our facility is able to accommodate people of all ages, abilities, and fitness levels.

Altru Family YMCA • 215 N 7th St, GF • (701) 775-2586 • www.gfymca.org