

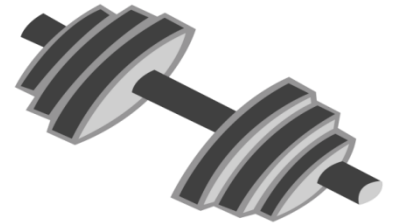


FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AERO-BATHON

WHAT: AERO-BATHON

- 30 minutes Cardio
- 30 minutes Upper Body
- 30 minutes Lower Body
- 30 minutes Abs/Core
- 15 minutes Cool Down/Stretch)



WHEN: SATURDAY, JULY 28th

TIME: 8:30-10:45

WHERE: SML YMCA (GYM)

HOW: SHOW UP (Come for one block or stay for the whole workout)

WHO: ALL ARE WELCOME

*****WE WILL BE ANNOUNCING THE WINNER
OF THE GROUP EX COMPETITION*****

SMITH MOUNTAIN LAKE YMCA

293 Firstwatch Dr., Moneta, VA 24121