



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FRANKLIN COUNTY FAMILY YMCA

1000 REP DRUMSTICK CHALLENGE



November 26, 2021

9:00AM - 10:00AM

Join Alice Smith for a workout to burn off those Thanksgiving calories!

Bring in canned foods the day of the class. Canned foods will go to the Rocky Mount Police Department where they will distribute them to families in need for Christmas!



ROCKY MOUNT YMCA
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