



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY



Members who bring a friend will get a FREE F.A.S.T. WITH A FRIEND PASS!

**SKIP HAPPY HOUR.
 BRING FRIENDS & FAMILY TO**

HEALTHY HOUR

FREE Healthy Family Fun, plus 1 Month FREE & No Joiner Fee!

March 30, 2017 | 5-8 p.m.



**Try a Class.
 Take a Tour!**

- 6 p.m. Zumba
- 6 p.m. Yoga
- 7 p.m. Step & Pump

Healthy Fun for All Ages:

- > Free Child Watch & Active Play
- > The Zone (8-13yrs)



THE COMMUNITY YMCA
 Family Health & Wellness Center
 166 Maple Avenue
 Red Bank, NJ 07701
 P. 732.741.2504

membership@cymca.org
 TheCommunityYMCA.org

Here for all.
 Financial assistance is offered based on availability of funds.