



MAKE MY MOVE!

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



YMCA GROUP FITNESS CLASSES IN LAWRENCEVILLE! Led by Family YMCA of Emporia-Greenville Instructors BRUNSWICK CO. LIBRARY, 13 W HICKS ST., LAWRENCEVILLE

Beginning Monday, October 16, 2017 The Family YMCA of Emporia-Greenville will be teaching **Cardio Fit** on Mondays at 5:30 p.m. and **Silver Sneakers Classic®** on Tuesdays at 10 a.m. at the Brunswick County Library. **Cardio Fit** is a 45-55 minute aerobics class that is safe, heart healthy, and gentle on the joints. The work-out includes easy-to-follow low impact movement, upper-body strength, abdominal conditioning, stretching and relaxation exercises. If you are not a current Y member, you may purchase a punch card to participate in these two classes. Punch cards cost \$20 and are good for ten classes at the Lawrenceville site. Punch cards may be purchased at the Brunswick County Library Main Desk (cash or check only) or the Family YMCA in Emporia (cash, check or major credit card). Cards will not be sold at the class. Participants must be at least 18 years of age. If you are a current Y member age 18 or over, just bring your membership ID card and photo ID for admission. No childcare will be provided.

Silver Sneakers® or Silver & Fit®

Does your Medicare Supplement policy have Silver Sneaker® or Silver & Fit® benefits? If so, your cost to attend these classes could be **ZERO!** Stop by or call the Y at 348-9622 to check your eligibility.

Instructors:



Marilyn LeGrow and **Brenda Robinson** will be the instructors for these classes. Both hold group fitness certifications and have years of experience teaching classes.

Call Lisa Hykes, Wellness Director, with questions at 434.348.9622.

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