



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# EVERY STEP COUNTS!

## FITNESS CLASSES FROM THE YMCA

### JACKSONPORT TOWN HALL

Be a part of a fun group exercise program. Fitness is an important aspect of your health. Let the YMCA change your life for the better!

**\*\*Registration Opens April 15th for Members & April 17th for Community – Register at the Y or Call!**



### APRIL 24<sup>TH</sup> – JUNE 12<sup>TH</sup>

#### CARDIO & MORE

A well rounded class to strengthen and tone all your muscles- legs, arms and core.

Wednesdays | 5:45am – 6:30am

#### HEALTHY CHOICE

Fun, easy to follow aerobic, muscle, endurance and conditioning class for all levels.

Wednesdays | 9:45am – 10:30am

Y Members: \$12.00    Community: \$55.00

Jacksonport Residents: \$12.00

For questions or additional information please contact,  
Mary Claire McHugh at [mcmchugh@doorcountyyymca.org](mailto:mcmchugh@doorcountyyymca.org) or call 920.743.4949

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