



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# EVERY STEP COUNTS!

## FITNESS CLASSES FROM THE Y!

### JACKSONPORT TOWN HALL

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

\*\* Registration opens Monday, October 21 for Members & Wednesday, October 23 for Community Members. Register at the Y or call us at 920.743.4949.



### October 30 – December 18 | Wednesdays 5:45am – 6:30am CARDIO & MORE

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

### October 30 – December 18 | Wednesdays 9:45am – 10:30am HEALTHY CHOICE

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

Y Members: \$12.00

Community: \$55.00

Jacksonport Residents: \$12.00

For questions or additional information please contact the Door County YMCA at 920.743.4949.

DOWNLOAD OUR  
MOBILE APP!

STAY CONNECTED

