

ywca fitness

Where Your Health Comes First

We all know the benefits of good health, and the YWCA is here to help you move toward a healthier lifestyle. Sign up today and enjoy a variety of classes taught by supportive, certified instructors. We'll get your body moving in a nurturing setting of healthy fun and friendship.

MORNING FITNESS ALL ADULTS 55+

- Chair Yoga – MON 9:30-10:30a
- Walking Groups – TUE/FRI 9:30–10:15a
- Stronger Living –TUE/THU 10:15–11:00a

EVENING FITNESS ALL ADULTS 18+

CHILDREN & YOUTH WELCOME!

- Zumba – TUE 5:30–6:15p
- Cardio/Core – THU 5:30–6:15p
- Bodysculpt – TUE/THU 6:15–7:00p
- Belly Dance – Ask for details!
- African Dance – Ask for details!

GET YOUR HEART PUMPING

Our friendly wellness coaching helps you identify and achieve personal goals in a safe setting. Talk with us and know your risk factors for heart disease. We're here to make sure your health comes first.

\$20/MONTH WITH ANNUAL MEMBERSHIP

**Scholarships available for those who qualify.
YWCA Membership Required**

CONTACT

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ywcahealth

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empowering women **ywca**
greater triangle

