



YMCA

We build strong kids,
strong families, strong communities.

2010 EXPERIENCE AT THE YMCA!

TRACK YOUR FITNESS JOURNEY

Wednesdays - 4:00-5:30 p.m.

Feb 3rd

March 3rd

April 7th

May 5th

Sept 1st

Oct 6th

Nov 3rd

Dec 1st

Helping you keep track of your health. For Members Only! –No Charge!
(at your Brockville and Area YMCA)

Have your Blood Pressure, Body Mass Index (BMI), Blood Sugar reading, Waist Measurement done by a Registered Nurse and speak with one of our Fitness staff about what you could be doing to stay on track with your healthy lifestyle changes.

