



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**GET FABULOUS.  
GET FIT.  
GET STARTED.**

## **MASTER CLASS**

**with Kim & Angie**

This class is a high-intensity training:

- 30 Minutes intervals on treadmill, Cycle or Elliptical Trainer
- 30 Minutes Strength Training
- 30 Minute Yoga

**When: SUNDAY APRIL 14th.**

**Where: Group Exercise Room**

**Time: 11:30am**

**Cost: FREE**

**Register at the front desk**

**WEST PARK FAMILY YMCA**

15501 Lorain Rd.

216-941-5410 • [www.clevelandymca.org](http://www.clevelandymca.org)