



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

REACH YOUR HEALTH AND FITNESS GOALS

Free Fitness Orientations SCHUYLKILL YMCA

We all have fitness goals. Whether that is to get back into our jeans from high school, play outside with our children, or that's to walk up the stairs without becoming short of breath. With our FREE fitness orientation we will discover how to accomplish our personal fitness goals, assess our current physical fitness, and set a plan of action to accomplish those goals.

- Register at the front desk or by phone
- FREE for members; \$5 for non-members

WHEN: On Demand
LOCATION: SCHUYLKILL YMCA
520 N. Centre St.
Pottsville, PA 17901
570 622 7850

