



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RELAX STRETCH REJUVINATE

Stretch SCHUYLKILL YMCA

Regular stretching can help increase your flexibility and range of motion, improve circulation and alleviate tension associated with stress. Join us as we guide you through a comprehensive stretching routine designed to relax your body and rejuvenate your spirit.

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

WHEN: Wednesday
TIME: 5:30-6:30 PM
LOCATION: SCHUYLKILL YMCA
520 N. Centre St.
Pottsville, PA 17901
570 622 7850

