



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FROM YOUR HEAD TO YOUR TOES

Total Body SCHUYLKILL YMCA

Work all muscle groups with a variety of strengthening and conditioning exercises. This athletic-based sculpting class tones upper and lower body using resistance like hand weights, body bars, and your own body weight.

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

WHEN: Monday
TIME: 6:30 to 7:30 PM
LOCATION: SCHUYLKILL YMCA
520 N. Centre St.
Pottsville, PA 17901
570 622 7850

