



**Corbrook**  
awakening abilities



# FITNESS & WELLBEING @ YMCA



## WHEN :

2 DAYS A WEEK. TUESDAY AND THURSDAY MORNINGS

PARTICIPANTS CAN ENJOY THE BENEFITS OF THE YMCA AMENITIES THAT WILL HELP THEM ACHIEVE THEIR PERSONAL FITNESS GOALS!

## LOCATION:

- 230 TOWN CENTRE COURT, SCARBOROUGH, ON M1P 4Y7

STAFF WILL TRAVEL WITH INDIVIDUALS TO YMCA  
PLEASE BRING TTC FARE OR PRESTO

## COST

**\$45 FOR 3HRS**

GET MOTIVATED, AND STAY ENERGIZED!  
COME JOIN US FOR SPECIALIZED  
PROGRAMS AND WORKOUTS



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