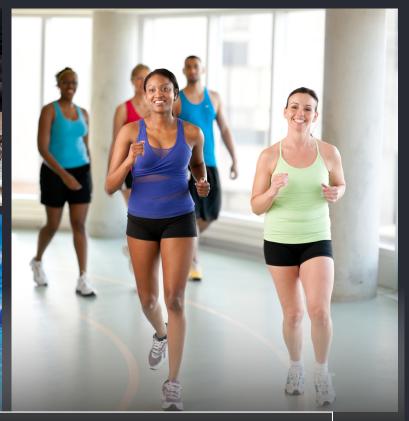




## FITNESS & WELLBEING @ YMCA







**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

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