



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STAY CALM SWEAT ON

Summer in the City 2017

Keep your workout going, even in the summer heat. Participate in 30 group exercise classes (land or water) at the Y between June 21st and August 18th and receive our exclusive Summer in the City 16 oz. insulated stainless steel travel mug!

Ask your instructor to initial your card each time you attend any Y group exercise class.

Pick up your card up from any Y group exercise instructor or the front desk.

For more information, contact any group exercise instructor.

**Card must be turned
in by August 20, 2017**



**Sessions Begin
June 21–August 18, 2017**

**Mugs will be available
for pick up in September!**

YMCA of Greater Des Moines
www.dmymca.org