



Calling All Early Birds!

Great news from the Y Group Exercise folks:

We're adding an early-morning fitness class!

Join us in the Aerobics Studio

Mondays & Wednesdays 6:30 - 7:15 a.m.

Starting January 25, 2010,

get your day off to a healthy start with

Martha & Rebecca as they get your heart pounding &
your blood pumping with 45 mins. of cardio & weights!

*GT Bay YMCA Members: **FREE!***

Day Pass Guests: \$10.00