



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FUN FAMILY FITNESS

Family Fitness Classes GREATER SCRANTON YMCA



The Greater Scranton YMCA has designed a program for families to make positive lifestyle changes together. The program is designed to engage youth and families through a variety of classes to promote health, wellness and fun for the whole family! Classes may include: cardio workouts, Pilates, hip hop, circuit training etc.

- Must have a family membership at the Greater Scranton YMCA to participate.

WHEN: Saturdays beginning January 20, 2018

TIME: 10:00-10:45 a.m.

LOCATION: GREATER SCRANTON YMCA

706 N. Blakely Street

Dunmore, PA 18512

570-342-8115

greaterScrantonymca.org