

SUPER BOWL WORKOUT

& FAMILY FITNESS EVENT!

SUNDAY, FEB. 3 | 12-3PM



FREE event open to Y members and non-members. NEW this year, activities for the kids such as bounce house, tag, obstacle course and games or free play. The Nursery will be available for child care.

Time	Aerobics Room	MPR	BFIT	POOL	GYM
12:00	Barre	Power Cycle	Boxing		Bounce House (Ages 5-9)
12:30	Muscle Tone	Insanity			Jedi Tag (Ages 10-14)
1:00	Cardio Dance	Shred	Pilates		Family POUND Bounce House (Ages 2-4)
1:30	POUND	Suspension	Tabata		Family Yoga Bounce House (Ages 2-4)
2:00	HIIT	Pilates	Foam Roll/ Stretch		Bounce House (Ages 10-14) Jedi Tag (Ages 5-9)
2:30	Yoga	Power Cycle		Paddleboard	*Visit quincyyymca.net for class descriptions.

FREE EVENT, REGISTRATION REQUIRED AS SPOTS ARE LIMITED.



We're collecting non-perishable items for the Souper Bowl of Caring to benefit local food pantries.

- Bring a friend, if your friend joins, you each will receive a FREE MONTH of MEMBERSHIP!
- Joiner Fee waived for all non-members that join!

NOW THAT IS A PARTY! Show your friends what the YMCA has to offer...FUN, FITNESS, FAMILY & FRIENDSHIP.

222-9622 | quincyyymca.net

GUILT FREE FUN AT YOUR SUPER BOWL PARTY!