



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SILVER CIRCUIT

Making the LifeStyle Center part of your LifeStyle
GREATER MARINETTE-MENOMINEE YMCA

“I know what to do”

Half an hour once a week you could be part of a small group who meet together with our Wellness Coach. This would give you an opportunity to familiarize yourself with our Life Style Center; the machines, workout etiquette, proper and safe workout techniques, and build friendships. You'll also learn about the importance of hydration, if your ready to exercise and how to use a workout log.

Sign-up at Y Welcome Desk.
Space is limited!

Choose either:
Tuesday's 10:30-11am
meets in LSC

Member \$5
General Public \$15



Greater Marinette-Menominee YMCA

1600 West Dr Menominee, MI 49858 Ph. 906-863-9983 www.mmymca.org