

# A new YOU... for the New Year!



It's never too late for the spirit of giving!

Give yourself or your family a gift that will last a lifetime...Total Health  
The Y's way!

## MEMBERSHIP OPTIONS

If, for some reason, you've been sitting on the idea of getting in shape and that "reason" seems to be getting bigger, maybe it's time you got up and did something about it.

Like join one of the affordable membership plans at the YMCA.

At the Y you can swim, jog, play racquetball, lift weights, play basketball, take saunas and whirlpools and all kinds of other exciting ideas.

### Rates Start At

Family \$20/month plus joiners fee  
Adult \$13.50/month plus joiners fee

## SHAPE UP IDEAS

Eliminate that extra weight that you put on over the holidays when you join one of the following Shape Up Classes.

Programs begin the week of January 12. Registration starts January 5.

Fit and Firm	Seniors in Motion
Dynamic Body Toning	Continuing Fitness
Starter Fitness	Calenetrics
Water Exercise	Aeroflex

**FARMINGTON AREA YMCA**  
**28100 FARMINGTON RD.**  
**(1/4 MILE N. OF 12 MILE ROAD)**

**553-4020**



28100 FARMINGTON ROAD