

The YMCA strengthens more than muscles.

At the Y you can swim, run, play racquetball, work out with weights, take saunas and whirlpools, stretch, dance, enjoy exercise classes, and all kinds of other exciting physical activities for the whole family.

YMCA
Don't put it off.



So don't let procrastination weigh you down this Spring. Get more out of Life by getting involved in a YMCA activity. New classes begin in April.

**SPECIAL NEW MEMBER —
15% DISCOUNT ON ANNUAL DUES
APRIL 11-16, 1987
OPEN HOUSE — APRIL 11th — 10 A.M.-NOON
— Affordable Rates —
Call the YMCA nearest you**

Birmingham YMCA
400 East Lincoln
644-9036

Farmington Area YMCA
28100 Farmington Road
553-4020

Livonia Family YMCA
14255 Stark Road
261-2161

Financial Assistance Available. Contact the Executive Director.