

The YMCA strengthens more than muscles.



DISCOVER THE "Y"

FALL REGISTRATION MEMBERS ONLY

AUGUST 29, 9 a.m. - 9 p.m.

**PROGRAM - MEMBERS
AUGUST 30, 31 & SEPT. 1, 2, 3**

9 a.m. - 9 p.m.

SEPT. 3

9 a.m. - 4:30 p.m.

**CALL TODAY
FOR YOUR
DETAILED BROCHURE**

YOUTH

GYMNASTICS

SWIMMING (ALL AGES)

LEADERS CLUB

SATURDAY SPECTACULARS

KARATE

JUDO

SLEEPOVERS

SPORTS

TEAMS

CLUBS AND MUCH MORE

ADULT FUN 'N' FITNESS

STARTER FITNESS

CONTINUING FITNESS

SENIOR FITNESS

DANCE FITNESS

SPORTS CONDITIONING

PRE AND POST NATAL

EXERCISE

Run on over to the YMCA

Now the complete family can shape up at the Y. Morning, Noon and Night. Anytime of the day you can enjoy one of the finest Fitness facilities in the area. Members of the Farmington YMCA have exclusive use of the indoor jogging track, olympic size swimming pool, championship racquetball courts, progressive resistance weight-lifting machines, two basketball courts and spacious clean locker rooms.

In addition to all this, Fitness Center members have the use of a crystal clear whirlpool, a dry redwood Sauna, towel service, T.V. lounge area and a private workout area. But there is still more!

**CALL NOW FOR YOUR
COMPLIMENTARY
GUEST PASS**



FARMINGTON AREA YMCA

28100 Farmington Road, Farmington Hills, Mich. 48018
1/4 Mile N. of 12 Mile Rd. (Behind Crowley's Shopping Center)

553-4020