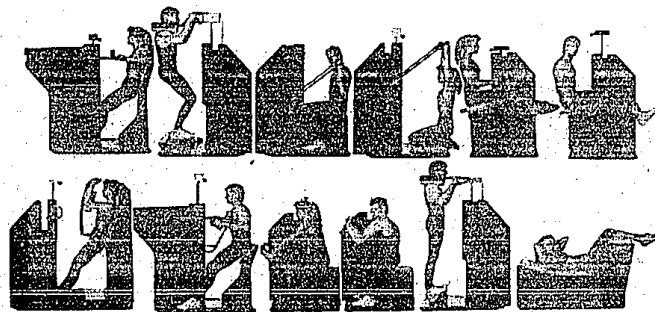


"SPRINT INTO SPRING" AND SHAPE-UP WITH THE YMCA

The Farmington area YMCA is proud to add the "Sprint" circuit to its already comprehensive selection of weight and aerobic training programs.
SPRINT, THE TOTAL BODY WORKOUT.



SPRINT
CIRCUIT®

Discover our new "Sprint" training center as well as our other wellness-oriented facilities.

- * A wellness center featuring Camstar progressive resistance weight equipment
- * A full-sized gymnasium
- * 25 Meter pool
- * Indoor jogging/walking track
- * Racquetball Courts
- * Personalized wellness plans

Enjoy a **FREE** visit
anytime!
Individuals or Families

At the Farmington YMCA, you will discover a caring staff committed to helping you achieve your personal health and fitness goals. Membership for individuals and families begin at \$16.00/month.



FARMINGTON AREA YMCA

"Caring...It's our commitment"

HOURS:

Monday-Friday 6 a.m.-11 p.m.
Saturday 8 a.m.-6 p.m.

553-4020

28100 Farmington Rd.
¼ Mile N. of 12 Mile

Financial Assistance Available For Those In Need