

THE YMCA

YOUR

NEW YEARS

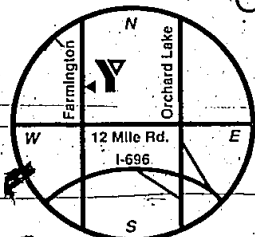
RESOLUTION

SOLUTION

CELEBRATE THE START OF A
HEALTHIER NEW YOU AT THE
FARMINGTON AREA YMCA
Try-The- "Y" -Week Class Schedule
JANUARY 4-11, 1992

SATURDAY Jan. 4	MONDAY Jan. 6	TUESDAY Jan. 7	WEDNESDAY Jan. 8	THURSDAY Jan. 9	FRIDAY Jan. 10
Continuing Fitness 8:00-9:00 A.M.	Active Older Adults 8:00-9:00 A.M.	E-Z Aerobics 8:00-9:00 A.M.	Active Older Adults 8:00-9:00 A.M.	E-Z Aerobics 8:00-9:00 A.M.	Active Older Adults 8:00-9:00 A.M.
Low Impact Aerobics 9:00-10:00 A.M.	Continuing Fitness 9:00-10:00 A.M.	Parent/Tot Swim Lessons 10:00-10:30 A.M.	Continuing Fitness 9:00-10:00 A.M.	Parent/Tot Swim Lessons 10:00-10:30 A.M.	Continuing Fitness 9:00-10:00 A.M.
Pre-School Swim Lessons 10:00-10:30 A.M.	Step Aerobics 10:15-11:15 A.M.	Pre-School Swim Lessons 10:30-11:00 A.M.	Step Aerobics 10:15-11:15 A.M.	Pre-School Swim Lessons 10:30-11:00 A.M.	STEP Aerobics 10:15-11:15 A.M.
Youth Swim Lessons 10:30-11:15 A.M.	Adult Water Exercise 11:00-NOON	Parent/Tot Gymnastics 4:00-4:45 P.M.	Adult Water Exercise 11:00-NOON	Youth Gymnastics 4:00-4:55 P.M.	Adult Water Exercise 11:00-NOON
	Arthritis Exercise 2:00-3:00 P.M.	Pre-School Gymnastics 4:00-4:55 P.M.	Arthritis Exercise 2:00-3:00 P.M.	Parent/Tot Gymnastics 5:00-5:45 P.M.	Arthritis Exercise 2:00-3:00 P.M.
	Youth Swim Lessons 4:30-5:15 P.M.	Youth Gymnastics 5:00-5:55 P.M.	Youth Swim Lessons 4:30-5:15 P.M.	Pre-School Gymnastics 5:00-5:55 P.M.	Youth Swim Lessons 4:30-5:15 P.M.
	Continuing Fitness 6:15-7:15 P.M.		Continuing Fitness 6:15-7:15 P.M.		
	Low Impact Aerobics 7:15-8:15 P.M.		Low Impact Aerobics 7:15-8:15 P.M.		

Try a class or stop by and receive your
trial membership for the entire week.
Join as a new Full Privilege Member during
Resolution Solution Week and we'll give
you a Free Gym Bag to get you started
on your way to good health.



Don't Miss Our
Open House
Sat., Jan. 11
9 a.m-5 p.m.

FARMINGTON YMCA
28100 Farmington Rd.
Farmington Hills, MI 48334
553-4020