GET STRONGER — GET HEALTHIER!

Are you 8-18 years old? Then come have fun and exercise with us at the Y and find the perfect healthy activity for you! Try eight different energizing classes over two weeks:

- Yoga
- Ultimate Cross Training
- Cardio Dance
- Piloxing
- Martial Arts
- Go Tag
- XerciseLab
- TRX

**Where**
Decatur Family YMCA
220 W. McKinley Ave.
Decatur, IL 62526

**When**
July 25 - 26 &
August 1 - 4

**Time**
1:30 - 2:30 p.m.

**Cost**
$15 per person

Enjoy a healthy snack after each session!

Register by July 21 online at go.illinois.edu/dmp

Questions? Call Becky at 217.877.6042

REGISTER
GET FIT!
TODAY!!!

University of Illinois Extension
U.S. Department of Agriculture
Local Extension Councils Cooperating

University of Illinois Extension provides equal opportunities in programs and employment. If you need reasonable accommodation to participate, call 217.877.6042.