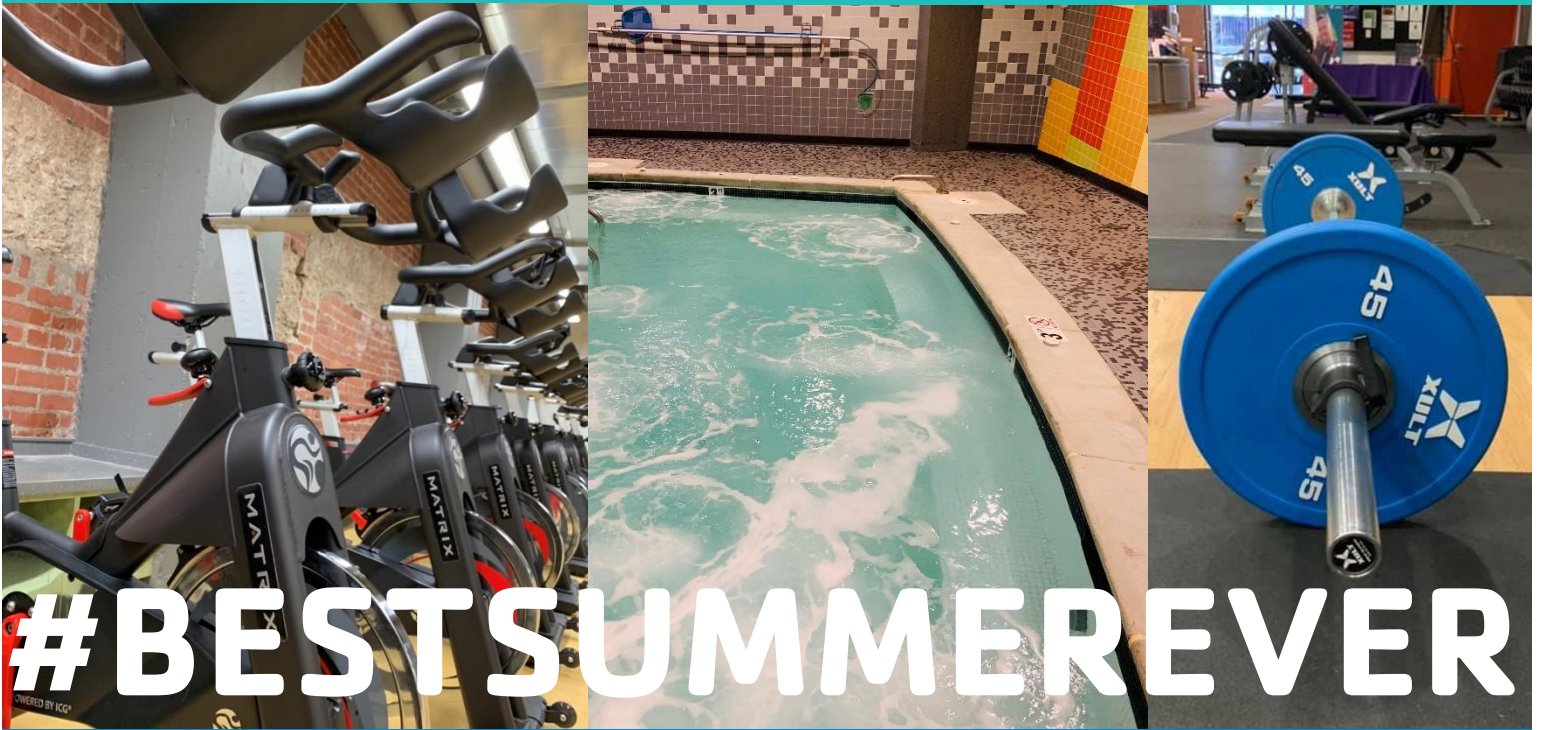




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



#BESTSUMMEREVER

OPEN HOUSE • DOWNTOWN YMCA

Monday July 15th

Free Personal Training Consultations!

Meet with one of our Personal Trainers for 15 minutes – get insider advice about the best plan of action for you.

15-minute Sessions
11:00 to 1:00 pm
5:00 to 7:00 pm

Free 30-minute Trainer-led Workouts!

MX4 by Matrix is a cutting-edge small-group training designed for busy schedules.
Total body – totally awesome!

30-minute Sessions
11:20 to 1:00 pm
5:00 to 7:00 pm

OPEN TO ALL!

Come see all the Downtown YMCA has to offer!
\$0 JOIN FEE
all day!

REGISTER SOON
CALL OR COME BY TODAY!

ymcatulsa.org/downtown



418 S. Main St.
(918) 583-9622

