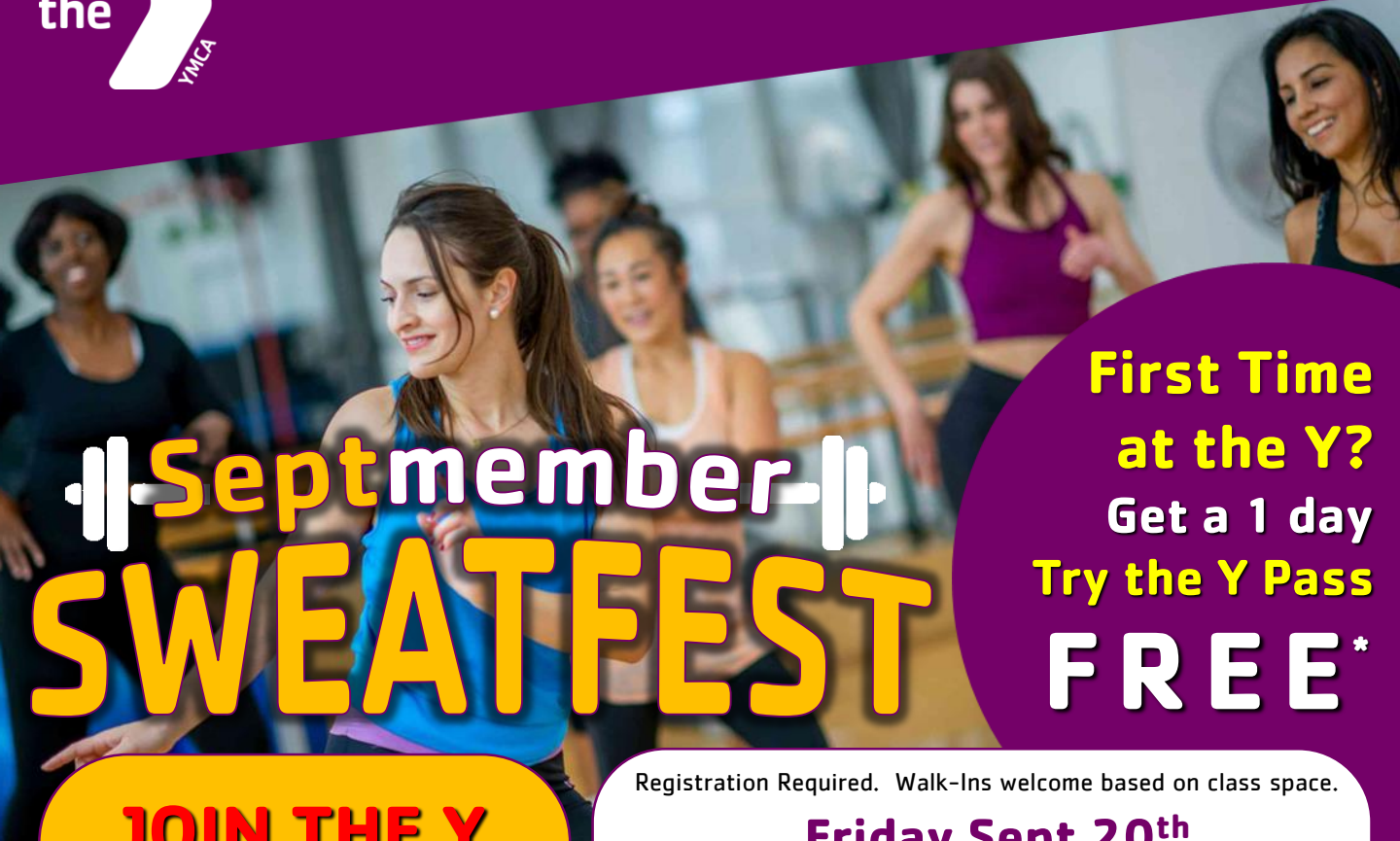




It's Time to TRY the Y!



September SWEATFEST

**First Time
at the Y?
Get a 1 day
Try the Y Pass
FREE***

JOIN THE Y
Get your first month
for just **\$29**
THREE DAYS ONLY

Members SAVE 20%
on all Y Merchandise

Offer Valid September 20-22, 2024. Automatic Draft form or minimum prepayment required upon enrollment. Standard Membership policies apply.

*TRY THE Y Guest Passes are now available to First Time Guests of our YMCA. Photo ID, standard forms, and tour required prior to entry. Must be 18+. Adult and Family Guest Passes also now available. Certain restrictions apply.

Registration Required. Walk-Ins welcome based on class space.

Friday Sept 20th

- 6:00pm-7:00pm** Strong Nation w/ Donna (R)
- 6:00pm-7:00pm** Strength Train Together w/ Megan (D)
- 7:05pm-8:00pm** Zumba w/Carmen (R)
- 7:15pm-7:45pm** Cird Mobility w/ Megan (D)

Saturday Sept 21st

- 9:00am-9:50am** Upper Body Pyramid Training w/ Donna (R)
- 10am-10:20am** Ab Blast w/ Donna (R)
- 10:30am-11:30am** Zumba w/Megan (R)

ChildWatch is Available for an additional fee.

Try One or Take them ALL! (R) Riggins Room (D) Davis Room

Members FREE Non Members \$15

See Member Services for more information

Cumberland Cape Atlantic YMCA

1159 E. Landis Avenue Vineland, NJ 08360 www.ccaymca.org