

FAMILY FITNESS SATURDAY



**TAKE IT
OUTSIDE!**

OPEN TO ALL MEMBERS

**9:00- 9:30 AM
FAMILY FITNESS
SATURDAYS:
Sept. 12
Sept. 19
Sept. 26
Oct. 3**



Family Fitness is geared for the whole family and for every fitness level. Get a great workout while having fun outdoors with your family. Come join us, for one or every Saturday!

This is not a Wausau Schools sponsored activity and the opinions expressed are not necessarily those of the district or its personnel.

BRING:

- water bottles
- sunscreen
- towel if needed

If any Y equipment is used during class, it will be disinfected before and after every class by staff.

LOCATION

- **Aspirus Branch Field**

Must sign up each member of your family for class at least one day in advance. Visit YMCA Facility Reservations at woodsonymca.com or call 715-841-1850.