

THRIVE STRONGER



LIVESTRONG[®]
AT THE YMCA Alumni Program



Mondays 10:30-11:15am

Next session May 22 -June 19, 2023

Reconnect with your session classmates and friends while participating in various exercise formats. The class will meet for one hour each week, and we will plan occasional social gatherings.

FREE to current Auburn Y Members
Non Member Rate \$18 per session

To register, please contact
Laura Clary at
laura@auburnymca.net OR by phone
at 315-990-0696