



Get Started, Get Moving, Get Stronger!



Fremont/Newark
YMCA

Starter Fitness

- **NEW!** 12 Week Program
- **Begins April 1-17!**
- **Full Access** to YMCA facility and classes

Just \$59 plus \$10 membership fee

- Meet with YMCA staff for personal coaching
- We'll help design your **Personal 12 Week Program**
- Over 25 **free** Classes per week

Time for some
**SPRING
TRAINING!**
Sign up today!

Call 510-657-5200

www.fremontymca.org

**Fremont/Newark YMCA
41811 Blacow Rd. , Fremont, 94538**



Bring this flyer in for a one week guest pass!