



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LET'S CELEBRATE!

Murrieta Family YMCA 1st Birthday Celebration & Taste of Fitness Event

Saturday, July 30th from 9am-12pm

Come celebrate our 1st Birthday
with us! We will be having:

- FREE Fitness Demos
- Complimentary Fitness Assessments
- Fun Activities for Kids
- Food & Birthday Cake
- Enrollment for New Programs
- FREE Giveaways
- And more!

NO JOIN FEE

Join the Murrieta Y as a facility member
during the week of **July 25th** and we
will **waive the join fee!**

Some Restrictions Apply. New Members Only. PC410

TASTE OF FITNESS SCHEDULE:

Studio A

9:00am - BODYPUMP™
9:30am - Cardio Shred
10:00am - Zumba®
10:30am - Bootcamp
11:00am - Zumba® Kids

Studio B

9:00am - Cycling
9:30-10:30am - Cycling
11:00am - Cycling

Studio C

9:00am - Yoga
10:00am - Mat Pilates
10:30am - Youth Dance
11:00am - Barre
11:00am - Youth Yoga

MURRIETA FAMILY YMCA

39573 Los Alamos Road, Murrieta, CA 92563
(Next door to Post Office on Los Alamos Road)
(951) 239-4605 | ymcarc.org/ma