



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY AT EVERY AGE



HEALTH & WELLNESS
Senior Fitness Test

Come join us to laugh, squat, reach and walk to some meaningful fitness information. Find your focus for the New Year and see your results from your last year of steps, sweat and lifts. This program is designed specifically for those 60 years or better!

Dates: Tuesday, January 24th at 1:30pm
Thursday, February 2nd at 1:30pm
Thursday, February 9th at 1:30pm

Location: YMCA Basketball Court

Bring: Wear comfortable clothes that do not restrict your motion & walking shoes. Dress in layers, the gym is cold.

Cost: Free to YMCA members
\$15.00 for potential-member

Is your goal to live a
healthy, active, and
independent life?

Our Senior Fitness Test
will help you develop a
plan to get there.

EUGENE FAMILY YMCA
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