



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MOVING IS THE BEST MEDICINE

**8-Week Senior Class offered by  
MICHIANA FAMILY YMCA  
at Waterford Estates**  
52890 State Road 933, South Bend

**Tuesdays & Thursdays at 8:30am beginning May 17**

This 45-minute fitness class is designed to increase your muscular strength, range of motion and activity for daily living.

You'll make new friends and have fun working with light hand weights, elastic tubing and balls for resistance.

We will provide all the equipment and supply a chair for support or seating during your workout.

**\$45 for 8-week course (less than \$3/class)**

Payable by credit card or check in advance.

Brigid's, located at Waterford Estates, is offering a \$2.50 Yogurt & Granola with coffee for the Senior Class participants.

Questions? Please contact **MICHIANA FAMILY YMCA** at 574 287 9622 or visit us at 1201 Northside Boulevard in South Bend



  
**Waterford**  
estates lodge  
[www.waterfordestateslodge.com](http://www.waterfordestateslodge.com)



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# MEETING YOU WHEREVER YOU ARE

**Two fantastic 8-Week Fitness Classes  
offered by MICHIANA FAMILY YMCA  
at Waterford Estates**

52890 State Road 933, South Bend

**Thursdays beginning May 19**

**Join us at 5:45 pm for the latest fitness craze: **TABATA!****

Lose weight and get fit with this intense interval training program.

**\$35\* for 8-week course**

**Stay for the party at 7:00 pm with **ZUMBA®!****

Latin-inspired dance fun mixed with old school funky moves, guaranteed to raise your heart rate.

**\$35\* for 8-week course**

**\*FREE TO MEMBERS OF MICHIANA FAMILY YMCA**

Payable by credit card or check only.

**Less than \$5/class in advance! Drop-in \$7.**

Bring your own towel, mat and water for class.

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