



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FUN, FRIENDS & FITNESS

Super Saturdays

Saturdays at the Y just got even MORE fun! Throughout the month of September, our Saturdays are Super! Our doors will open for anyone in the community to come and explore their local YMCA. Stop in for a quick workout, try a new fitness class or make some new friends on the field.

Not only will the Y be open for all to explore, we're introducing some exciting new programs! See details below:

8:30AM/10:00AM HIIT (CoreZone Room)

9:30AM Spin

10:00AM Family Fun Self-Defense (Gym)

10:30AM Water Aerobic (Outside)

11:30AM Family Zumba (Outside)

12:30PM Yoga (Pool Deck)

WHAT: Super Saturday Open House
"Free classes and Child Watch"

WHEN: September 9th, 16th & 30th
8:30 am-1:30 pm

WHERE: Golden Isles YMCA
144 Scranton Connector
Brunswick, Ga 31525

CONTACT: Zohra Waye
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FREE & OPEN TO THE PUBLIC!