

Woodruff Family YMCA Workout-A-Thon

**Come Exercise Your
Spirit & Heart!**



Saturday March 20th

9:00AM - 12:00PM

At the Woodruff YMCA

631 Orange Ave, Milford, CT 203-878-6501

**To benefit the Woodruff Family YMCA
Strong Kids Campaign**



**Workout for 30 minutes or
3 hours or any amount in between**

**Every 30 minutes there is a
different workout to choose from!**

Choose from 6 fun workouts:

Water

Land

9:00AM - 9:30AM
9:30AM - 10:00AM
10:00AM - 10:30AM
10:30AM - 11:00AM
11:00AM - 11:30AM
11:30AM - 12:00PM

Deep
Deep
Shallow
Shallow
Deep
Deep

Step
Strength Training
Zumba
Zumba
Step
Kickboxing

**Get Pledges - make your
work out count!**

Get your pledge form at the Member Services Desk today.