

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Group Exercise 101

Join this class today. Been out of exercise for awhile and want to get back into the exercise groove? You will learn the basics of step aerobics, ball and body conditioning.



Date: January 4 - January 27
February 1 - February 24
March 1 - March 31
April 5 - April 28

Times: Monday/Wednesday
4:30 - 5:30 pm

Location: Multi-purpose room

Members: Free

Community Members: \$25 per month

Contact: Audrey Urista,
Active Adult Director
(541)440-9622 ext 207



Release the "pause" button in your life and put play in your day!

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Central Douglas County Family YMCA

1151 Stewart Parkway, Roseburg, OR 97471

(541) 440-YMCA (9622)

www.ymcaofdouglascounty.org