

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

ULTIMATE CIRCUIT

Not for the faint at heart. Push your fitness to a whole new level with Ultimate Circuit Training. Inspired by the Los Angeles County Fire Fighters, this workout will:

Increase your strength

Strengthen your core

Improve your range of motion

Push your cardio to another level



Ages: 16 and over

When: Fridays, 9:05 - 10:05 am

Where: Aerobic Studio

Contact: Leroy Thomas
Healthy Lifestyles Director

Member: Free

Community Member: \$25/month



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Central Douglas County Family YMCA

1151 Stewart Parkway, Roseburg, OR 97471

(541)440-YMCA

www.ymcaofdouglascounty.org