

# 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:** Begins October 2, 2009  
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](http://www.ymcaofdouglascounty.org)

