



CENTRAL DOUGLAS COUNTY FAMILY YMCA

**Ditch the workout  
and join the party!**



**Zumba®**



Adults and youth, ages 13 and older

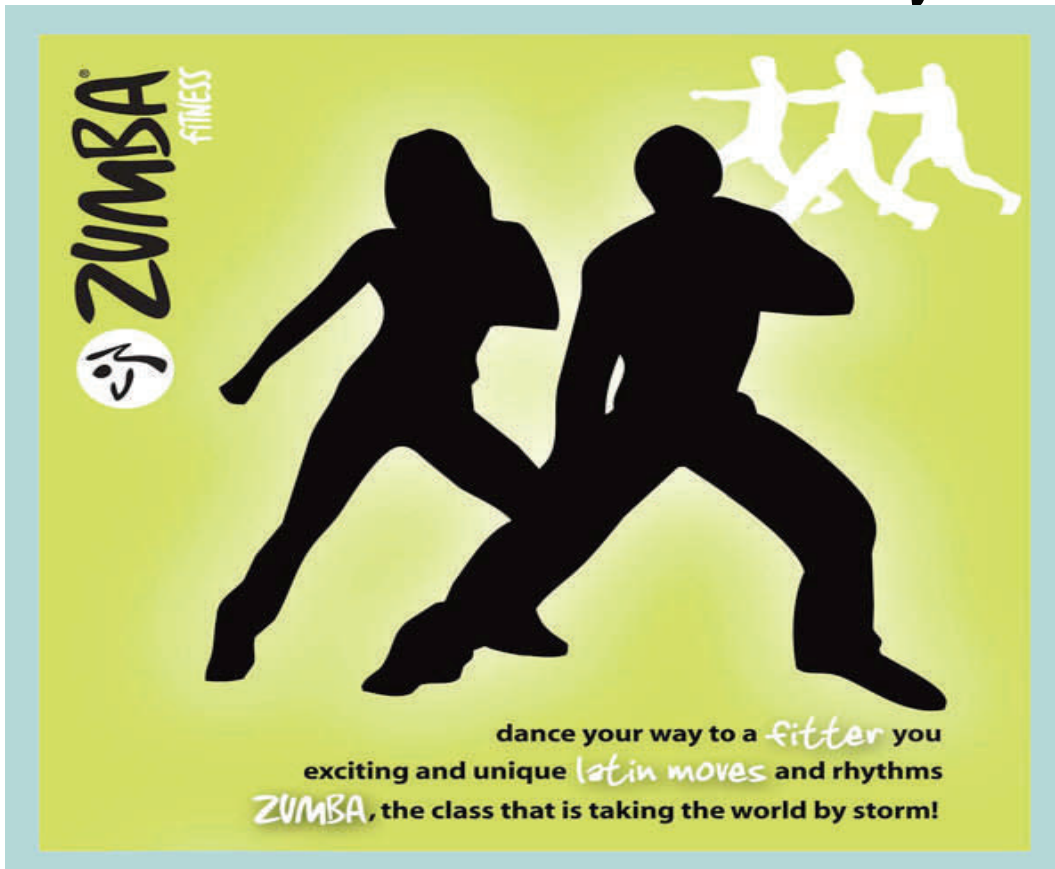
**Mondays & Wednesdays**

**6-7pm in Court #3 of Gym, instructor, Meg**

**Fridays, 5:30 - 6:30 pm**

**in Aerobic Studio, new instructor, Laura**

**Fee: Free to Members /\$50mo Community Members**



**Hot New Dance Workout**

*“The mission of the Central Douglas County Family YMCA is to build strong kids, strong families, strong communities.”*