



Wayne  
YMCA



## MOVIN' & GROOVIN'

ADULT SPECIAL NEEDS MOVEMENT PROGRAM THAT CONSISTS OF STRENGTH TRAINING, DANCE CARDIO, YOGA AND STRETCHING ALL TO LIVELY MUSIC.

AGES 14 AND UP  
TUESDAYS & THURSDAYS, 4:00-4:45 PM  
FREE WITH YOUR YMCA MEMBERSHIP

*Classes Begins  
November 16th*

**Not a member yet? Try the class for free with our one free week "Try the Y" pass! Scan the QR Code to the right or call 973-758-9039 to learn more and register.**



Wayne YMCA \* 1 Pike Drive \* Wayne, NJ 07470 \* 973-758-9039

This is not a school sponsored event/program.