



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY



STARS, STRIPES & SWEAT JULY 4TH WORKOUT

PALOMAR FAMILY YMCA ★★★★★★

Wednesday, July 4TH
Facility Hours: 7:00 AM – 2:00 PM

Open & **FREE** to all in the San Diego community.
 (Childcare Available from 7:45 am to 12 pm)

FIRECRACKER 4TH OF JULY WORKOUT SCHEDULE – Regular schedule resumes on Thursday.

GFS	POOL	SOCCER ARENA	MBS
Cardio/Strength/Core 8:00–9:15 am Dena ----- Cycle 9:30–10:30 am Jenn ----- Family Zumba 11:00 am–12:00 pm Tabatha	Aqua Fit 9:00–10:00 am Andrea	TRX and Tires 8:00–9:00 am Jenn and Harumi	Gentle Yoga meets Facial Yoga 9:30–10:45 am Michael
<p>The YMCA of San Diego County is dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God through the development of the spirit, mind and body.</p>			

★★★★ **Questions?** Please contact Jennifer Martinez at jmartinez@ymca.org ★★★★★