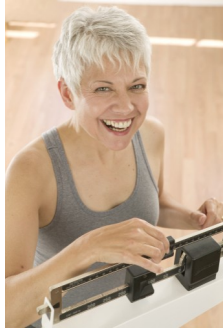


Helpful Information



- Morning refreshments available in the YMCA Lounge.
- Informational displays in the Citizen's Forum Room (Lakeview Arena).
- Lunch, catered by CoCo's of Marquette, will be served from 12:00 p.m.-1:00 p.m. in the YMCA gym.
- Enter the Bucket Drawing for a chance to win fabulous prizes.
- Handicap accessible restrooms & showers are available in the Family Locker Room.
- Dr. Michael Grossman will present at 12:15 p.m:

"Is it Alzheimer's or Senior Moments"

Schedule of Events

9:15 a.m.-9:45 a.m.	Active Minds
9:15 a.m.-9:45 a.m.	Modified Strong Bodies
9:15 a.m.-10:15 a.m.	Water Aerobics
10:30 a.m.-11:15 a.m.	Active Minds
1:00 p.m.-2:00 p.m.	Will Kilpela & Friends
1:00 p.m.-1:45 p.m.	Healthy Cooking
1:15 p.m.- 2:00 p.m.	Yoga/Hooping
1:30 p.m.-2:00 p.m.	Aqua Therapy
1:45 p.m.-2:30 p.m.	Healthy Cooking
2:00 p.m.-2:30 p.m.	Aqua Therapy
2:00 p.m.-2:30 p.m.	Yoga
2:05 p.m.-2:35 p.m.	Yoga

Lunch will be served Noon-1:00 p.m.

Free to those registered by 11/5

Please come dressed ready for activity & fun.

Don't forget your swim suit!

This is a free event

Register Today!

Name: _____

Address: _____

City: _____

State/ Zip: _____

Phone: _____

Interested in Personal Training Session?

Circle a time to try it free:

11:00 a.m-11:30a.m.

11:30 a. m.-Noon

Noon-12:30 p.m.

12:30 p.m.-1:00 p.m.

Limited space available,
please register early.

Call, fax or send this form by 11/5 to:

YMCA of Marquette County
1420 Pine Street Marquette, MI 49855
Fax: (906) 227-9248

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Sponsored by:



For more information call
(906) 227-9622 or (906) 475-9666
Or visit us at www.ymcamqt.org

YMCA of Marquette County
1420 Pine Street
Marquette, MI 49855

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Monday, November 9, 2009
YMCA of Marquette County
1420 Pine Street, Marquette
9:00 a.m.-3:00 p.m.