



# **\$0 DEMO MUSCLE & MOBILITY PROGRAM**

**2 DEMO OPTIONS AVAILABLE TO MEMBERS & NONMEMBERS**

**Wed 12/4: 7:15 - 8:15pm OR Wed 12/11: 7:15 - 8:15pm**

**SIGN UP TODAY!  
WWW.MIDYMCA.ORG**

**By working on Functional Movement, we will explore our bodies. range of motion and increase strength and muscle by using fitness and mobility exercise based in a variety of movements from yoga, mobility training, weight training, Kettlebells and more to improve mobility while addressing any difficulties/pain you have in various ranges of motion.**



**“NO” VEMBER  
NO EXCUSES**