



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

♥ HIIT ♥

FOR A HEALTHY HEART

Join us for some High Intensity Interval Cardio & Strength Training during our 30-minute express classes in February. We will also provide two active-rest day workouts that you can do on your own.

February 6 – March 1

Tuesdays & Thursdays: 12:15-12:45pm

Bellingham YMCA 4th Floor Aerobics Room

Taught by Mary Latta

\$34 YMCA Members or \$45 Program Members

Register at the Welcome Desk or online at www.whatcomymca.org

Whatcom Family YMCA Bellingham Program Center

1256 N. State Street, Bellingham, WA 98225

360 733 8630 www.whatcomymca.org