



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ENERGIZER

TUESDAYS @ 5:30AM-6:15AM
WITH TERRI MILLER

This morning class gets your day started right! Class includes a warm-up, 30 minutes of cardiovascular exercise, followed by a cool down and stretching for a total of 45 minutes! The class will utilize a variety of equipment for added resistance. (Appropriate for all ages and fitness levels).



COLLETTE KINZIE — 4500 6TH AVE — 308-237-9622 — www. Kearneyymca.org