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YOUTH KARATE
Wednesdays 6:30 pm

**FOCUS
DISCIPLINE
CONFIDENCE**

02.jpg



**CHANGING LIVES,
STRENGTHENING
OUR COMMUNITY**

03.jpg

ADULT KARATE
ISS KEI SHO KARATE

Thursday Nights
6:30 - 8:30 PM
\$75/month



04.jpg

Happy Birthday
Celebrating all our
May birthdays!



05.jpg

**BE HEALTHY.
BE STRONG.
BELONG.**



06.jpg



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVES
FOR SOCIAL RESPONSIBILITY

**YOCC
Banner Program**

FOR MORE INFORMATION:
Melissa Siegel 573-642-1065
melissa.siegel@ymcaofcallaway.org

SPONSOR
LOGO/NAME
HERE



07.jpg



**CHILD
WATCH**

Here for YOU!

Let us play with your kids while you workout!



08.jpg



**FITNESS
ORIENTATION**


Free 20-minute
orientation with our
Certified Personal
Trainer. Talk about your
goals & learn the best
route to reach them!



09.jpg

BUTTS & GUTS the Y

High-intensity, high-variety workout focusing on glutes, abdominals and lower back.
 Mon & Wed 4:45pm



10.jpg

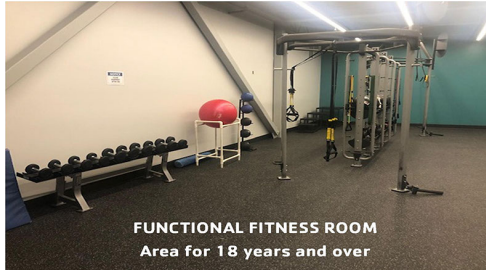
HEALTHWAYS **SilverSneakers** FITNESS

Classes every
 Mon & Wed at 9:45am



11.jpg

FUNCTIONAL FITNESS ROOM
 Area for 18 years and over



12.jpg

Want to OWN this Ad Space?
 Call Us
 815-872-5040

Visual Solutions

Together we will grow your business!



13.jpg

the Y **GROUP EXERCISE**

It's better TOGETHER.
 Join a Y-Fit class today!



14.jpg

LOST & FOUND



Is located behind the front desk.
 The items are held for two weeks before being donated to charity.

15.jpg

Youth Strength Training Certification Class the Y

Ages 10-14
 Learn proper exercise technique & be able to use the fitness center!
 Registration Required
 Members: \$25 / Non Members: \$45



16.jpg

facebook

19C6P00K

www.facebook.com/ymcaofcc



17.jpg

AmeriHost Inn & Suites

- Free WIFI
- Indoor Pool
- Family Hotel

573-642-0077
 556 Amerihost Drive
www.amerihostinnandsuitesfullton.com



18.jpg



Healthy Living

Improving the nation's health and overall well-being

19.jpg

The YMCA supports all Special Olympic athletes as we create a partnership with the local SOMO Fulton Hornet team!



20.jpg



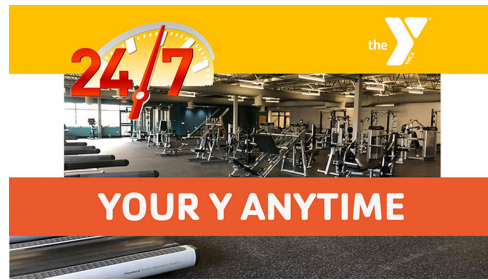
21.jpg



Social Responsibility

Giving back and providing support to our neighbors

22.jpg



23.jpg



24.jpg

Renew Active[™]
by UnitedHealthcare

Available here.
Stay fit, sharp and ready for what's next.

The fitness program for body and mind. Exclusively from UnitedHealthcare[®] Medicare plans.



25.jpg

REACH YOUR GOALS
ACHIEVE REAL RESULTS

PERSONAL TRAINING with ALLISON



26.jpg

PEAK SPORT & SPINE
BooneHealth Medical Group

YOU DIDN'T CHOOSE PAIN, BUT YOU CAN CHOOSE **PEAK**



CALL US:
573-642-8541

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YMCA MISSION

The YMCA of Callaway County is a Community-Based Association Dedicated to Putting Christian Principles into Practice Through People, Programs, and Service.



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