



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CELEBRATING SENIOR HEALTH & FITNESS DAY

**Resource Fair and Fun
MALDEN YMCA**

**REFRESHMENTS, HEALTH
SCREENINGS, GIVE AWAYS**

Join us at the Malden YMCA for our **FREE** Senior Health and Fitness Day. Seniors from Everett, Malden, Medford and surrounding communities are welcome. Come learn what the YMCA and your community have available for you and enjoy a few of our great Senior classes for **FREE!**

- Resource Fair 9:00 am—12:00 pm
- Aqua Aerobics 8:30 am—9:15 am
- Body & Core Sculpting for Seniors (all skill levels welcome) 10:15—11:00 am
- Open Swim 11:00 am—1:00 pm

WHEN: Wednesday, May 31st
TIME: 8:30 am—12pm
LOCATION: MALDEN YMCA
99 Dartmouth Street
781-324-7856
www.ymcamalden.org

