



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FITNESS IN THE PARK

Get healthy this summer with **FREE** fitness classes hosted by the Red Bank Family YMCA!

Wednesdays | 6:00–7:00 p.m.

Zumba

> June 23, July 14,
August 4, August 25

Pilates

> July 7, July 28, August 18

Yoga

> June 30, July 21, August 11

Participants should dress comfortably and bring water and a towel or mat for Yoga and Pilates.



Held at Riverside Gardens Park | West Front St., Red Bank

Y-membership is not required. **Participants will receive a 7-day guest pass to the Red Bank Family YMCA.** For more information email membership@ymcanj.org. In case of inclement weather, call the Y after 4 p.m. at 732.741.2504 ext.210 for possible cancellations.

RED BANK FAMILY YMCA
YMCA OF GREATER MONMOUTH COUNTY
166 Maple Avenue
Red Bank, NJ 07701

732.741.2504
info@ymcanj.org

YMcanj.org
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Here for all.
Financial assistance is offered
based on availability of funds.