



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

> July 17, July 31,
August 28

Pilates

> July 3, July 24,
August 14

Yoga

> July 10, August 7,
August 21



In Partnership with Red Bank
Parks and Recreation



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, scan the QR code for possible cancellations and announcements.

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.