



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PROGRAM LAUNCH & VENDOR FAIR

SATURDAY, JULY 19

9:00AM—12:00PM FREE AND OPEN TO THE COMMUNITY

NEW MOVES, NEW MUSIC! COME EXPERIENCE THE NEWEST RELEASES OF OUR MOSSA™ GROUP FITNESS PROGRAMS & VISIT OUR VENDOR FAIR

9:00AM GROUP ACTIVE®  
11:05AM GROUP POWER®  
12:15PM GROUP CENTERGY®

FREE CHAIR MESSAGES, OSTEOPOROSIS TESTING,  
DIGITAL POSTURE ASSESSMENT



VALLEY OF THE SUN YMCA  
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