



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Healthy Living!

Active Living Every Day

BILLINGS FAMILY YMCA

Discover ways to become active that works for you! Build the skills you need to become and stay active at work, at home, and at play! Overcome barriers, set realistic goals, build confidence and stay motivated in this free group class, proven to be effective by research. This is not an exercise class!

AGE: 18+
COST: FREE!
DATES: Jan. 11-Apr. 12
DAYS & TIMES: Thursdays, 10:30am-11:30am
LOCATION: Board Room

REGISTRATION:

Members: Dec. 1, 2017

Non-members: Dec. 15, 2017

Sponsored by



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