

# VISIT YOUR PROGRAM CENTER TODAY TO DISCOVER ALL OF THE GREAT OPPORTUNITIES IN YOUR COMMUNITY!



## Mendon Class Schedule Beginning October 3, 2016

Monday	Tuesday	Wednesday	Thursday
	Fit For All 9:00-9:45 am		Fit For All 9:00-9:45 am
Y-Circuit 5:30-6:30 pm Brenda		Fit For All 5:45- 6:30 pm Nikki	
Tone & Abs 6:30-7:30 pm Stephanie	Yoga 6:15-7:15 pm Emely	Tone & Abs 6:30-7:30 pm Stephanie	Yoga 6:15-7:15 pm Emely



## STORYTELLER WANDA DUKE

Wanda joined the Mendon YMCA within the first days that it opened. She wanted to get into shape and she knew this was perfect since it was so close to her home. She current attend a FIT FOR ALL class a few times a week. This class incorporates cardio and weights, which she really enjoys. After having knee surgery in late 2015 she was limited in her movements, especially with balance and moving up and down from the ground. One thing that she loves the most about the fitness classes I the variety of exercise. “The instructors always give ways to modify the exercises or make it more challenging.” This helps Wanda decided what is right for her body. Since starting with the YMCA she has noticed that her balance has greatly improved as well as her ability to do certain exercises that were more difficult for her before. She also loves the community atmosphere where everyone encourages and challenges one another to continue to work hard.

Mendon City Hall, 138 East South Street

Questions: 217-209-2228 or Find us on Facebook Mendon YMCA Program Center