



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SUMMER SWEAT

## TRX & Spin

## CHAMBERSBURG YMCA

# Session starts June 11<sup>th</sup>

Pre-registration required! Limited spots available!

## Register Today!



**TUESDAYS**  
10:30 AM - 11:30 AM  
with **MICHELLE**  
& **ELLEN**



**YMCA Members & Non-YMCA Members Welcome!**  
Member \$20.00 Non-Member \$40.00

Contact Ellen Poe at [epoe@chbgym.org](mailto:epoe@chbgym.org) or 717-263-8508 for additional information