



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



Mayors Wellness Campaign  
Put your community in motion.

# STAY ACTIVE ALL SUMMER

## Fitness in the Park

Wednesdays, May 10 – September 27, 6 – 7 p.m.  
Riverside Gardens Park

### Yoga (please bring a towel or mat)

May 10, 31, June 21,  
July 12, August 2, 23,  
September 13

### Zumba

May 17, June 7, 28,  
July 19, August 9, 30,  
September 21

### Pilates (please bring a towel or mat)

May 24, June 14, July  
5, 26, August 16, September 6, 27



**Participants should dress comfortably and bring water.**

In case of inclement weather, please call the Y at 732.741.2504, Ext. 210 for possible cancellations.

## THE COMMUNITY YMCA

Family Health & Wellness Center

166 Maple Avenue  
Red Bank, NJ 07701

P. 732.741.2504  
information@cymca.org

TheCommunityYMCA.org



**Here for all.**

Financial assistance is offered  
based on availability of funds.