



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Healthy Back Class

Ages: 9th grade through adult

About the Program

Designed by medical specialists, this program is preventative in nature and consists of relaxation, stretching and muscle strengthening exercises. Participants are guided through a gradual introduction to 15 sequential exercises. **Registration is required** to hold your spot. Class size limited to 15 individuals.

Program Dates

3 week session
Oct 8-24, 2018

Days and Times

Mon/Wed
12:15-1:00 pm

Additional Information

Wear comfortable and non-restrictive clothing for gentle exercise.

Space is limited to 15.

Located upstairs at the Y
in the Aerobic Gym

Sheridan County YMCA
417 N. Jefferson
Sheridan, WY 82801
Ph: 307 674 7488
www.sheridanymca.org

Contact: Desiree Pearce

Fees

Members: FREE

Program Members: FREE

Scholarships

Financial assistance applications
available at the Y front desk.