

The YMCA of Greater Louisville and the Mayor's Healthy Hometown Movement invite you to

# YMCA Community Wellness Week

September 20 - 27, 2009



**All branches are open to the public FREE with photo ID for admission.**  
Visitors under 16 must be accompanied by an adult.

## Activities

### Monday, September 21

- **ZUMBA** – a Latin inspired, dance-themed fitness class – 6:30 p.m., Berrytown Family YMCA
- **Free blood sugar, blood pressure, body fat and BMI Screenings** – 4:00-6:00 p.m., Downtown YMCA - Diabetes Prevention Program

### Tuesday, September 22

- **Pilates Reformer Studio Open House** – 8:30-11:00 a.m. & 6:00-7:00 p.m., Oldham County Family YMCA
- **Line Dancing for Beginners** – 7:30-8:00 p.m., Bullitt County Family YMCA
- **Why Kids Often Behave the Way They Do** – Seminar on adolescent brain development and behavior implications – 5:30-7:00 p.m., YMCA Safe Place Services

### Wednesday, September 23

- **Aqua Latin Dance Class** – 7:00 p.m., Southeast Family YMCA

### Thursday, September 24

- **15 Minutes to Success** – demonstrations and orientations for your health and well-being plan – all day, Northeast Family YMCA
- **ZUMBA & Line Dancing** – ½ hour of ZUMBA, ½ hour of Line Dancing, ½ hour of ZUMBA – 6:00 - 7:30 p.m., Chestnut Street YMCA

### Friday, September 25

- **Friday Night Live** – ½ hour of Hip Hop, ½ hour of ZUMBA, ½ hour of Hip Hop – 5:30-7:00 p.m., Southwest Family YMCA

*For more information please call 587-9622  
or visit [ymcalouisville.org](http://ymcalouisville.org)!*

YMCA of Greater Louisville

**IT'S MY Y**

