



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Ipswich Family YMCA

# ESCAPE FITNESS TRAINING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:45 am Danielle			9:00am Terry	5:45am Danielle	
	9:00am Danielle	9:00am Bill K	12:15pm Brenda	12:15pm Rachel		10:00am Patrick L
	6:00pm Danielle	4:30pm Emilie		6:00pm Danielle		

### New Nov/Dec schedule



#### Member Package

4 visits..... \$80.00  
8 visits..... \$120.00  
12 visits.....\$156.00

#### Community Package

4 visits..... \$160.00  
8 visits..... \$240.00  
12 visits.....\$312.00

For more information, contact:

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**Ages 14 and up**

**FIRST CLASS FREE.**

**WORK HARD. TRAIN HARD.**