

# Holidays Gaining on You?



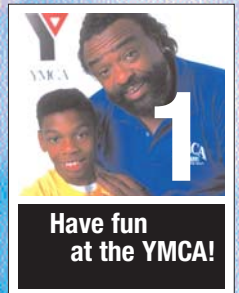
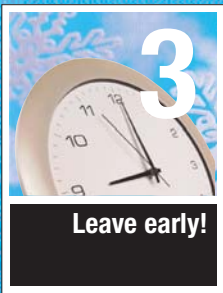
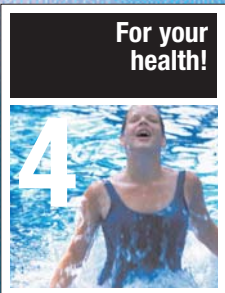
## The Y has a plan for you and your friends.

Commit to healthy living during the YMCA 12 Days of Fitness!

Refer a friend to join, and you'll receive a FREE YMCA Sweatshirt or Gym Bag!

**Hurry...offer ends December 19th.**

Ask Member Services for more information.



## The YMCA 12 Days of Fitness

NO JOINER'S FEE (\$79 VALUE) DECEMBER 5-19

Financial Assistance Available

