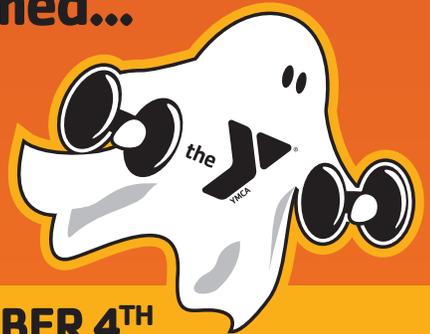




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Spooky Fun For Everyone! Halloween Themed...

GLOW-IN-THE-DARK FitTOBER-THON



Cumberland Cape Atlantic YMCA

FRIDAY, OCTOBER 4TH



10:15 – 11:00am

Chair DrumFIT
Judy Riggins

11:15 – 12:00pm

Aqua Yoga
Pam Kontes Family Pool

5:45 – 6:30pm

Family DrumFIT
Valerie Riggins (Ages 8+)

6:45 – 7:30pm

Family Zumba
Megan Riggins (Ages 8+)

5:45 – 6:30pm

Spin
Bert Rotary Room

6:45 – 7:30pm

Spooky Yoga Flow
Cheri Davis

7:40 – 8:30pm

“Glow Stick” Family Dress Up Competition Dance Off

Take **10 minutes** to decorate yourself in glow sticks which are provided. The lights go out at 8:05 for a **Three-Song Dance Off**.

Please sign up for each class you would like to attend.

Facility Members: \$15

Program Members: \$20

Community Members: \$25

CHILDCARE 5:45 – 8:30pm

ALL NON-FAMILY CLASS PARTICIPANTS MUST BE 15+

Child Add-On Fee: \$5.00 per child and must be 8-14 years old.

*Must have a registered parent with child.

ALL PROCEEDS GO TO HEALTHY LIVING.

TO REGISTER, PLEASE VISIT MEMBER SERVICE DESK.

Register by Monday 9/27 for \$3 OFF

Costumes are not required but are highly encouraged – prize for best costume!



Cumberland Cape Atlantic YMCA

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