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PARTY IN PINK

*Workout
for a Cause*

FRIDAY, OCTOBER 17TH | 6:00–8:15PM

Show your
support
**WEAR
PINK!**

EVENT HIGHLIGHTS



Featuring instructors Megan, Carmen, Amy and Donna



Door prizes, glow sticks, and light refreshments



Open to the community — invite your friends!

\$20
DONATION

Registration required—
walk ins welcome.
Must bring photo ID.
Children 10+ permitted
to participate with parent.

6:15–8:00PM ZUMBATHON!

Come and enjoy back-to-back Zumba classes in our Milam Multi-Purpose Center with our high-energy Zumba certified instructors – Megan, Carmen and Amy!

6:15–7:00PM TRY OUT CARDIO DRUMMING

Love music, but have two left feet? You're sure to break a sweat in Cardio Drumming with Donna in Riggins Room.

7:15–8:00PM CHECK OUT STRONG NATION

Come challenge yourself with high-intensity moves synced to the beat – one last time with Donna in Riggins Room.

Proceeds benefit

 **South Jersey Breast Cancer Coalition**

**See Member Services
for more information**

Cumberland Cape Atlantic YMCA

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