



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BE OUR VALENTINE



## Cupid Cycle Class Harrison County YMCA

Build cardio endurance and muscular strength in this interval- style cycling class with a heartfelt music mix. This is a high intensity, low impact workout. Appropriate for beginners and older adults.

**Date:** Monday February 12th

**Time:** 5:00 – 6:00 pm



United Way  
of Harrison County, Inc.