



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FITNESS STARTS EARLY



Tabata Cardio Class

Try Tabata! This thirty minute class is a cycle of high/moderate adjustable intensity workouts followed by rest periods. The repetition is designed to bring faster results than a typical cardio workout. This class is great for beginners and those in need a quick morning workout!

Starts on February 19th!

Mondays, Wednesdays, and Fridays

From 8:00–8:30 am



United Way
of Harrison County, Inc.

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