

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Family Fitness Challenge

Families with children ages six and up may join us for a FUN and SAFE hour of fitness & games, each week is a new and different activity!

Mondays, 6-7 pm

***Meet in the Group Exercise Room*
(will also utilize the gym and outdoors)**

Challenge is offered for all YMCA family members, parents must accompany children.

Rockwall County YMCA * 1210 North Goliad * 972-772-9622 * www.rockwallymca.org

Financial Assistance is available please ask for details.

The mission of the YMCA of Metropolitan Dallas is to put Christian values into practice through programs that build healthy spirit, mind and body for all.