



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FOCUS ON FITNESS

May 25, 2011 | 9:00am – 2:00pm



# MAKE IT A GOAL FOR LIFE!

# FOCUS ON FITNESS at The Freedom Valley YMCA

When you focus on making your day a healthy one, you enjoy life for the long term. Join us on May 25, 2011 as we celebrate the 18th Annual National Senior Health and Fitness Day and learn how to make fitness your **Goal for Life!**

- Adult fitness classes
- Informational workshops
- Health screenings & anti-aging tips
- Access to clinically-trained and certified experts

**Admission is FREE.** All visitors, aged 50 and older will receive a one-week guest pass for use at your local YMCA branch. No need to pre-register - just check in when you arrive.

**WHAT:** National Senior Health & Fitness Day  
Theme: Make Fitness a Goal for Life

**WHEN:** Wednesday, May 25th  
9:00 AM to 2:00 PM

**WHERE:** The Freedom Valley YMCA  
at Audubon - 2460 Blvd. of the Generals, W. Norriton  
at Phoenixville - 400 E. Pothouse Road, Phoenixville  
at Pottstown - 724 N. Adams Avenue, Pottstown  
at Spring Valley - 19 W. Linfield-Trappe Rd., Limerick  
at Upper Perkiomen Valley - 476 Pottstown Ave., Pennsburg



Visit [www.fvymca.org](http://www.fvymca.org) and select "What's Happening" to find out what your branch is planning for National Senior Health & Fitness Day!

## BE OUR GUEST

Bring this coupon to your Freedom Valley YMCA branch to activate your **FREE one-week pass** for you and a friend!

Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ ST \_\_\_\_\_ Zip: \_\_\_\_\_

P: \_\_\_\_\_ E-mail: \_\_\_\_\_

Guest pass valid for individuals 50 years and older and may be activated anytime between 5/25/11 and 6/5/11.

03-4SEN-DM0511

### Freedom Valley YMCA

Corporate Office  
2460 Blvd. of the Generals  
West Norriton, PA 19403