



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FAMILY FUN NIGHT



FAMILY FITNESS



**A fun, family fitness
exercise class,
healthy snacks
and tips for families on
nutrition.**

Register at www.scfymca.org

DATE: April 20, 2024
TIME: 4:00–6:00 PM
FEE: Members/Program Members = Free and Non Members = \$10 per household
*household consists of 2 adults and children living in same household
LOCATION: Activity Center
Sonoma County Family YMCA
1111 College Ave Santa Rosa, Ca 95404

The Y is a leading charitable organization committed to improving our community's health.
Financial assistance is available.