



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY®**

# Try the Y WEEKEND

**February 9 & 10  
10am—3pm**

**POP UP STEAM INTERACTIVE  
CHILDRENS MUSEUM!  
10am-3pm both days!**

**Group Exercise classes FREE**

## **SATURDAY**

BEGINNER YOGA 1045am  
CYCLE Express 11-1130am  
POUND Noon  
DANCE XROSS FITNESS 1230pm  
YIN YOGA 2pm

## **SUNDAY**

DANCE XROSS FITNESS 1030am  
TRX BOOTCAMP 11am  
CYCLE Express 11am



**YMCA of Kingston & Ulster County**

**507 Broadway, Kingston NY 12401**

**845-338-3810**

**[ymcaulster.org](http://ymcaulster.org)**