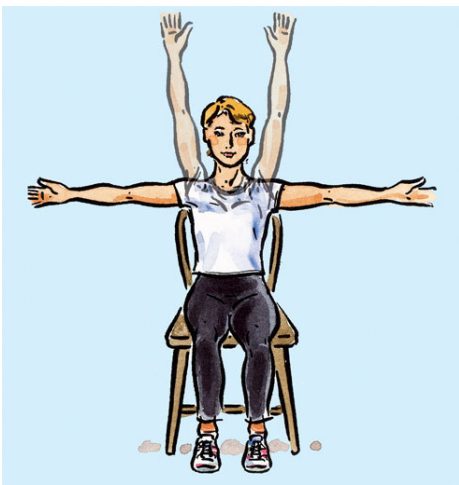


# **YHEALTH & FITNESS**™

We build strong kids, strong families, strong communities.

## ***SIT AND BE FIT*** **CHAIR EXERCISE CLASS** **Session Dates**

**February 12 - March 12, 2010**  
**Friday at 10:15 - 11:00am**



This 45 minute class will take place in the wellness center classroom. The exercises are ideal for an individual who is not able to stand for long period of times but wants to continue to work on strength, and flexibility. The instructor will offer a variety of exercises using the muscles of the upper and lower body.

### **YMCA Member Benefit**

**YMCA of Ithaca and Tompkins County**  
**Graham Rd. West, Ithaca NY 14850**  
**607-257-0101 [www.ithacaymca.com](http://www.ithacaymca.com)**