

# COME SUPPORT STAYSTRONG



JOIN THE SSYMCA FOR A CLASS TO BENEFIT OUR  
CANCER SUPPORT PROGRAM THIS OCTOBER!



## EMILSON:

### YOGA

Friday, 10/4: 6:00-7:15 pm

### BOOTCAMP

Friday, 10/18: 6:00-7:15 pm

### BODY COMBAT FOR CANCER

Monday, 10/21: 6:30-7:45 pm

To register, visit the Emilson Welcome Desk  
or call 781-829-8585

## QUINCY:

### ZUMBA

Tuesday, 10/22: 5:00-6:30 pm

### YOGA

Wednesday, 10/23: 5:00-6:30 pm

To register, visit the Quincy Welcome Desk  
or call 617-479-8500

\$30 minimum donation per person, per class.  
Open to Y members and the community - bring a friend!  
Please register in advance as space is limited.

ALL PROCEEDS WILL BENEFIT  
THE SOUTH SHORE YMCA'S  
STAYSTRONG CANCER  
SUPPORT PROGRAM.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY