



Attention Moms: Need a break? Don't miss Mom's Night Out!

Mom's, we know how difficult and thankless your work can be, so we created this program especially for you!

Leave the kids at home, spend a night out, and try a sampling of the YMCA's finest fitness classes followed by a brief discussion led by area professionals on everyday issues mom's face. This is a great opportunity to connect with other mom's who understand you!

Members FREE
Non-Members \$35.00

Class: 7:30 - 8:15 p.m.
Discussion: 8:15 - 8:45 p.m.

Feb 2	<u>Class</u>	Core Restoration
	<u>Discussion</u>	<i>Stressed spelled backwards is DESSERTS!</i>
Feb 9		Zumba
		<i>How NOT to become your child's ATM</i>
Feb 16		Cardio Sculpt
		<i>At-home tips for your child's academic success</i>
Feb 23		Turbo Kick
		<i>Eat Healthy: Quick, easy nutritious meals</i>
Mar 2		Step it up!
		<i>A Room Awakening</i>
Mar 9		Total Strength
		<i>Two words to improve your relationship</i>

For More Information Contact: Tina Salamone
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Register On-Line at
www.CarlisleFamilyYMCA.org
 or in person at the YMCA Welcome Center



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