

FOR YOUR HEART, YOUR  
**HEALTH**

OR TO FIT IN YOUR JEANS, THE Y IS

**THE PLACE**

FOR ADULTS, KIDS AND TEENS

Come in to your neighborhood YMCA Family Center and learn about **THE COACH APPROACH®**, our new one-on-one program designed just for people who have never been on a regular plan or haven't worked out regularly in a while ... but are ready to change their lives. Plus, come discover our **new classes and wellness areas**, all geared specifically to your level of fitness.



**TAKE A TOUR  
JOIN TODAY**

YMCA of Central Florida  
[YMCACentralFlorida.com](http://YMCACentralFlorida.com)

Entitles you to a tour of your **NEIGHBORHOOD Y**, one introductory **THE COACH APPROACH®** fitness session and **two days of unlimited access** to the fitness facility, swimming pool and group fitness classes. **Only \$12 to join before 1/31/12.**

Expires 1/31/12 Valid Photo ID Required

Only one power pass is redeemable per person per calendar year.

At the **Y of Central Florida**,  
strengthening community is our cause

Find your Y at [YMCACentralFlorida.com](http://YMCACentralFlorida.com)  
407.895.8659

YMCA of Central Florida | 433 North Mills Ave. | Orlando, FL 32803 | 407.895.8659