



# UNITE PREVIEW

August 21–September 10

Celebrate the end of summer with a twist on our favorite small group training program! Join us August 21–September 10 for UNITE Preview—a special FREE 3-week peek at our full UNITE program. No registration required. Drop-ins welcome!

## UNITE FIT

Monday ..... 6:00 a.m.  
Wednesday.... 6:00 a.m.  
Friday ..... 7:00 a.m.  
Sunday ..... 2:00 p.m.

## UNITE LIFE

Monday ..... 7:00 a.m.  
Tuesday ..... 7:00 a.m.  
Wednesday.... 7:00 a.m.  
Thursday ..... 7:00 a.m.

Stop by the YMCA Welcome Center for additional details.