



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

NEW YEAR, NEW YOU

Try a Trainer at the YMCA CLARKSVILLE AREA YMCA

Join the Clarksville Area YMCA on Friday, December 29th from 8:00 a.m. to 5:00 p.m. to get a jump start on your 2018 goals.

Members will be able to sign up for a free 30-minute one-on-one session with our personal trainers, Emily Akin and Tabitha Kirk.

Join us to find the best ways to burn off those extra holiday pounds that is tailored specifically for you.

To sign up, visit:
<https://calendly.com/ymcamidtn/clarksville-area-ymca-new-year-new-you>

**FOR MORE INFORMATION CONTACT JAY
BAILEY AT JBAILEY@YMCAMIDTN.ORG OR
931-647-2376, EXT 71718**

Our Mission: A worldwide charitable fellowship united by a common loyalty to Jesus Christ for the purpose of helping people grow in spirit, mind and body.