

HOLIDAY HUSTLE WELLNESS CHALLENGE

November 29 - December 30



Martin Luther King Center

905 Market Street • Steubenville, OH

Monday, November 29 - Dance with Carrie

Thursday, December 2 - Jones Gym

Monday, December 6 - Trinity P3

Thursday, December 9 - Jones Gym

Monday, December 13 - Empowered Yoga

Thursday, December 16 - Trinity P3

Monday, December 20 - SYNA: Bluewave

Thursday, December 23 - YMCA St. John Arena

Free Access Day

Monday, December 27 - YMCA St. John Arena

Free Access Day

Thursday, December 30 - Cardio with Carrie

Classes are designed to serve all fitness levels!

Scheduled classes are FREE and begin at 5pm at the MLK Center.

YMCA Free Access Day is good throughout the entire day.

Participants must be 15 or older

All participants under 18 must be accompanied by an adult

Attend 5 out of 10 classes and receive a free shirt!



Public Health

JEFFERSON COUNTY

740-283-8530

GENERAL HEALTH DISTRICT