



FREE PERSONAL FITNESS ASSESSMENT

Enjoy a free 30 minute personal fitness assessment with one of our highly trained and certified personal trainers!

SAVE \$100! We'll also waive the joiner's fee when you present this coupon. This coupon is valid when redeemed by March 31, 2020.

CAPITAL DISTRICT YMCA • www.CDYMCA.org • 518.869.3500



BETTER TOGETHER—The Capital District YMCA is a leading charity in the Capital Region devoted to strengthening our community.



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