

***KIDS--
SIGN UP FOR THE Y'S WARRIOR
CHALLENGE!***



WARRIOR CHALLENGE!

Saturday, March 19, 9am

Register NOW to compete in the Y's Warrior Challenge, at Healthy Kids Day. The Warrior Challenge is a 1-mile obstacle run for 6-12 year olds featuring hurdles, army crawls through sand, climbing through tires and over tables, a rope maze and medicine ball carry. In the past, we've had over 100 participants! Fitness Director Ron D'Aurizio commented, "It's important to challenge kids outside of their comfort zones. Mud and obstacle runs for adults are really popular, so this is a chance for kids to try it!"

(Contact the fitness department for details, register online or at the Front Desk)