

Coordinated by: The Town of Clarence Youth Bureau

10510 Main St. - 407-2162

INDEPENDENT HEALTH AND YMCA BUFFALO NIAGARA PRESENT

FITNESS

IN THE

PARKS



**A FREE COMMUNITY
EXERCISE PROGRAM**

Get moving this summer with Independent Health and YMCA Buffalo Niagara's Fitness in the Parks – designed to encourage all Western New Yorkers to stay on track with their fitness goals!

WHO: All Clarence Residents!

WHERE: Main Street Town Park
10405 Main St.
Clarence, NY 14031

WHAT: **FREE**, 60-minute Cardio Dance
fitness classes, taught by certified
instructors

WHEN: June 21 – August 30
Fridays, 10 a.m. – 11 a.m.

No sign up or registration required; just show up!
For more information, visit www.ymcabuffaloniagara.org
or call (716) 565-6000, ext. 128.