

Mentor/Mentee Health & Wellness



Date: Saturday, March 20, 2010

Time: 1:00 - 3:00 pm

Location: Studio D
Downtown YMCA

Invite and bring your mentee for an afternoon of health and wellness!

At 1:00 pm, join us in Studio D for ZUMBA! ZUMBA is an aerobic fitness program inspired by Latin dance. The YMENTORING 45-minute class will be a fun introduction, no prior experience necessary.

At 2:00 pm, move to Studio E for post-workout snacks and information from wellness and athletic speakers.

**Speak with your mentee and
RSVP by Friday, March 12 to:**

Denise Waldvogel
Activities & Events Coordinator
dwaldvogel@ymcamke.org
414-274-0803

