

F

R

E

S

H



P

A

S

S

P

O

R

T

AQUA CLASS



Y Staff initials _____

20-MINUTES CARDIO



Y Staff initials _____

FITNESS CLASS



Y Staff initials _____

SPIN CLASS



Y Staff initials _____

AQUA CLASS



Y Staff initials _____

20-MINUTES CARDIO



Y Staff initials _____

FITNESS CLASS



Y Staff initials _____

SPIN CLASS



Y Staff initials _____

YOGA CLASS



Y Staff initials _____

20-MINUTES CARDIO



Y Staff initials _____

FITNESS CLASS



Y Staff initials _____

FREE CHOICE!



Tell staff what you did

Y Staff initials _____

Fresh Start Passport Challenge JAN 1 - MAR 30, 2023



Every completed passport earns a water bottle!

Challenge is open to new and existing members.

Ask about our Member-Get-A-Member Campaign Jan 1 - Jan 30, 2023

YMCA of TOPEKA | 3635 SW Chelsea Dr | www.topekaymca.org

