

# HOLIDAY HUSTLE WELLNESS CHALLENGE



**November 29 — December 30**  
**Martin Luther King Center**  
**905 Market Street**  
**Steubenville, OH**



**Monday, November 29 — Dance with Carrie**  
**Thursday, December 2 — Jones Gym**  
**Monday, December 6 — Trinity P3**  
**Thursday, December 9 — Jones Gym**  
**Monday, December 13 — Empowered Yoga**  
**Thursday, December 16 — Trinity P3**

**Monday, December 20 — SYNA: Bluewave**  
**Thursday, December 23 — YMCA St. John Arena**  
**Free Access Day**  
**Monday, December 27 — YMCA St. John Arena**  
**Free Access Day**  
**Thursday, December 30 — Cardio with Carrie**

## **Classes are designed to serve all fitness levels!**

Scheduled classes are FREE and begin at 5pm at the MLK Center.

YMCA Free Access Day is good throughout the entire day.

Participants must be 15 or older

All participants under 18 must be accompanied by an adult

**Attend 5 out of 10 classes and receive a free shirt!**



**JEFFERSON COUNTY** 740-283-8530  
**GENERAL HEALTH DISTRICT**