



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WE ARE HERE FOR YOU



**STRONG CHALLENGE WEEKLY MEET-UP GROUPS
TO SUPPORT YOU ON YOUR JOURNEY TO BETTER HEALTH**

LANCASTER FAMILY YMCA LOCATIONS:

CITY CENTER YMCA

265 Harrisburg Ave. Lancaster 17602 717-397-7474
Tuesdays, 4:30 pm-5:15 pm

LAMPETER-STRASBURG YMCA

800 Village Rd. Lancaster 17602 717-464-4000
Mondays, 10/18 & 11/1, 11:00 - 11:45 am
Tuesdays, 10/26 & 11/9, 6:00 - 7:00 pm
Thursdays, 10/21 & 11/4, 6:15 - 6:45 pm

YMCA OF YORK AND YORK COUNTY LOCATIONS:

BOB HOFFMAN DOVER YMCA

1705 Palomino Rd. Dover 17315 717-292-5622
Mondays & Fridays, 10:30 - 11:30 am

THE W. DALE BROUGHER FOUNDATION YMCA

100 Constitution Ave. Shrewsbury 17361 717-235-0446
Mondays, 10/25 & 11/8, 12:30 - 1:30 pm
Thursdays, 10/18 & 11/1, 11:00 am - 12:00 pm
Fridays, (during Walk & Stretch), 1:00 - 2:00 pm

YORK YMCA

90 N. Newberry St. York 17401 717-843-7884
Tuesdays, 6:00 - 7:00 pm
Thursdays, 11:00 am - 12:00 pm



#STRONGERTOGETHER