



CALLING ALL PARENTS WITH 8-11 YEAR OLDS!

**HEALTHY LIVING
IS FOR ALL AGES**

The DuBois Area Y encourages families to exercise together – and we're excited to share that children ages 8-11 are now permitted upstairs with their parents!

GUIDELINES

- Use of cardio equipment and dumbbells is allowed
- No free weights or PRECOR[®] weight machines
- Pre-authorization is required

Contact Paula DuBois for more info 814-375-9622