

FITNESS PROGRAMS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Healthy Now, Healthy Forever

Do you have the habits to thrive now and age gracefully?

"Body Thrive™" written by Cate Stillman cracks the code of 10 essential, daily body habits from Ayurveda and Yoga. Take up the 10 habits learned from this inspiring book and YMCA coach, Ruth Rorig. Generate a body that is strong and at ease, a mind that is clear, dynamic relationships and an unmistakable connection to spirit.

Healthy Now, Healthy Forever Outcomes:

- Have more energy
- Sleep better and feel well-rested
- Eat a healthier diet
- Develop better self-care habits
- Deepen your yoga practice
- and more!

Meeting Time

Tuesdays (10-week program) | 5-6 pm
March 5-May 7
Meeting Room

Cost

10-week program

Members \$99 | Guests \$190

Minimum number of participants needed in class is 7 with a maximum of 10.



Instructor

Ruth Rorig has a Masters in Education with specialties in Mind/Body Personal Training, Yoga Restorative for all ages, Ayurveda, Chakra Balancing, Reiki and Mindfulness Stress Reduction.

Questions

Contact Emily Fischer, Fitness Director
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