



# STRENGTHEN YOUR HEART WITH SOMEONE YOU LOVE!

Bring your husband, wife, girlfriend,  
best-friend, boy-friend, mom, dad,  
sister... anyone you love for a



## SPECIAL VALENTINE TREAT!

**CYCLE & YOGA WITH LEONARD & KAREN**

**SATURDAY, FEB. 13, 8 AM - 10 AM**

- 45 MINUTES HIGH INTENSITY CYCLE
- 45 MINUTES STRENGTH, STRETCHING & RELAXATION THROUGH THE PRACTICE OF YOGA
- DOOR PRIZES
- FELLOWSHIP
- SUPPORT FOR A GREAT CAUSE - THE YMCA OPENING DOORS FINANCIAL ASSISTANCE PROGRAM

**COST: \$20/COUPLE**

*REGISTER TODAY AT THE FORT MILL YMCA- SPACE IS LIMITED!*

**ALL PROCEEDS BENEFIT THE FORT MILL/GOLD HILL YMCA  
COMMUNITY OPENING DOORS FINANCIAL ASSISTANCE PROGRAM.**

**Our Mission:**

To put Christian principles into practice through programs what build healthy spirit, mind and body for all.

