



Get Your Glisten Going
by starting the night off with a feel good work out.
Pampering Session
after you've got your shine on, prepare to be
pampered by some local ladies that are ready to
serve you.

Welcome for Members
and nonmembers.
Child watch will be
available in the gym;
Your child must be
potty trained and be OK
under the
instruction of other
adults. We want this to
be a fun and
relaxing night for you!

*Pre registration is required one week prior to each session.

Wellman Parkside YMCA

6 - 7pm Work Out

7 - 8pm Pampering

Cost \$25/Session

or sign up for all

& receive \$10 discount.

All proceeds go to support

the Wellman Y free

Children's Programming.

Wellman Y Early Out

& Community Fun Nights.



Ladies' Night Out

Series

Friday Nights

February 22nd: Yoga and Wine Tasting
(Wooden Wheel Vinyards in Keota)

Attend

March 8th: POUND and Young Living
Essential Oils with Deb Swantz

Attend

March 15th: Total Body Conditioning and
2nd Street Nails with Allison Greiner

Attend

March 22nd: STRONG and Eden Salon

Attend

NAME: _____

PHONE: _____

EMAIL: _____