



Fitness on the Rail Trail

Just in time for Spring, get out and get moving! Come learn exercise tips and tools to get even more out of your time on the Rail Trail.

Classes will be held March 10th and also April 14th and May 12th (the second Saturday of each month). Meet us for a one hour class with Simone Mack, Wellness Director at the Pine St YMCA at 10AM at the Henry St Trailhead of the Mary Black Foundation Rail Trail. Please no children under the age of 12.



**Partners *for*
Active Living**