

CHECK OUT THESE DEALS!

Massage **Monday** – Dollar-a-minute chair massage

Try it out **Tuesday** – \$5 off a group acupuncture session when scheduled on Tuesday

Wellness **Wednesday** – 25% off yoga gear

Think about it **Thursday** – 25% off books

Facebook **Friday** – Chance for a free 60-minute massage when you like and follow us on Facebook

Swim **Saturday** – 25% off swim gear

BONUS!

All week long you'll receive free food samples and 10% off all items in the store. Also, each day register to win a gift basket. The more visits you make to the YMCA, the more chances you have to win.

*Percentages off cannot be combined

LifestyleHealth
BY CENTRACARE HEALTH

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