



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THIS HOLIDAY SEASON Y NOT GIVE THE GIFT OF HEALTH

Give the gift of fun,
fitness, and health.

- Personal Training
- Workshops
- Memberships
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- And more!

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amount and redeemable for any
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program or membership.



UPPER BUCKS YMCA
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To put Christian principles,
including honesty, caring, respect and
responsibility, into practice through programs
that build healthy spirit, mind and body for all.