



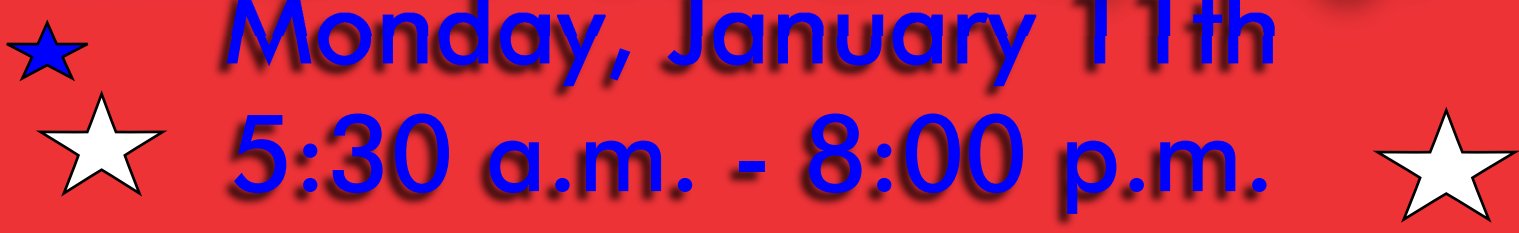
# CARDIOTHON

at the

## YMCA of Barium Springs

**Monday, January 11th**

**5:30 a.m. - 8:00 p.m.**



- ◆ Goal is to have someone walking, biking, jogging, taking class or running every hour
- ◆ Individuals are sponsored through family, friends and co-workers for every minute of cardio exercise.
- ◆ Money raised will go toward purchase of new bikes and fitness equipment for classes.
- ◆ Registration packets can be picked up at the front desk. Call 704-883-0780 for more information.

