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FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# NATIONAL STRESS AWARENESS MONTH

De-Stress Special: April is Stress Awareness Month. Pay \$30 for 30 days only for access to all our Group Fitness Classes.

(Yoga, Stability, Zumba, Spin, Step, and more!)

Available on April 11th and Last Day to purchase is April 30th



**RARITANVALLEYYMCA.ORG**  
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