

# 38th Annual Resolution Run



**Resolve to Be Fit for 2008**

**Join us for a Free 5k Fun Run!**

**See Back For More Details**

# 38th Annual Resolution Run

**What:** Resolve to be fit in 2008! Start your year with fitness by participating in the Downtown YMCA's Resolution Run. This is a 5k run or a 1 mile fun walk.

**When:** Sat. December 29th @ 11am

**Where:** Balboa Park (6th & Laurel)

**Questions?** Call 619-232-7451

**Cost:** Free!

**Come Take a  
Free Yoga Class  
at the Downtown YMCA!**

This offer may be substituted for any of our group exercise classes.  
Some of our classes include: pilates, cycling, muscle pump, & ab attack.

See our website for a complete listing of classes:

[www.downtown.ymca.org](http://www.downtown.ymca.org)

Offer Good Through December 31, 2007

