

ELEMENT

GYM



COME JOIN US!

WE ARE WELL INTO SUMMER AND SO
MUCH IS HAPPENING!!
OUR ADULT DOWN SYNDROME GROUP
IS STILL GOING STRONG.
COACH P IS STILL IN EFFECT EVERY
SUNDAY AFTERNOON AT 3PM

WE ARE OFFICIALLY AT THE YWCA IN ST PAUL.

WE ARE OFFICIALLY AT THE YWCA IN ST PAUL. WE HAVE NEW AMENITIES, A POOL, HOT TUB AND SAUNA BUT THE COMMUNITY CONNECTION HAS BEEN PHENOMENAL. YOU CAN SIGN UP FOR THE ADULT SUNDAY CLASS AT 3PM, CHECK OUT THE FACILITY AND ADD A Y MEMBERSHIP FOR A REDUCED RATE. CHARGES ARE MONTHLY AT \$100 FOR THE SUNDAY CLASS. YOU CAN REACH OUT TO COACH P DIRECTLY, STOP IN AT THE Y OR REACH OUT TO [INFO@ELEMENTGYM.ORG](mailto:info@elementgym.org) FOR MORE INFORMATION. THE DOWN SYNDROME YOUTH CLASS WILL RESUME AS OF SEPTEMBER 1ST EVERY SATURDAY.

COACH P: CELL 651-332-3959
EMAIL: POLLYPX3@GMAIL.COM

ELEMENT EMAIL: [INFO@ELEMENTGYM.ORG](mailto:info@elementgym.org)

YWCA & ELEMENT GYM LOCATION:
375 SELBY AVE
ST PAUL MN 55104

SCHEDULE A TOUR TODAY!!!!

eliminating racism
empowering women
ywca

