



## Calendar Alert

Saturday, December 31, 2011

### HOMESTEAD YMCA FAMILY CENTER HOSTS “WORKOUT BEFORE THE COUNTDOWN” FITNESS AND CONDITIONING CLASS FOR THE MORNING OF NEW YEAR’S EVE

- What:** The YMCA of Greater Miami is open early on New Year’s Eve! This year, the Homestead YMCA Family Center is giving families the opportunity to get an early start on their New Year’s resolutions. The Family Center will offer a free fitness and conditioning class for the whole family to help ring in the New Year on a good note, including cardiovascular fitness exercises and muscle conditioning.
- Where:** Homestead YMCA Family Center  
1034 NE 8 Street  
Homestead, FL 33030
- When:** Saturday, December 31  
9 a.m. – 10 a.m.
- Cost:** Free
- Contact:** For more information on activities offered during “Workout Before The Countdown” call 305-248-5189 or visit [www.ymcamiami.org](http://www.ymcamiami.org).

#### **About the YMCA of Greater Miami**

With family centers throughout Miami-Dade and upper Monroe County, the YMCA of Greater of Miami is one of South Florida’s leading non-profit organizations. The Y engages the South Florida community to nurture the potential of children and teens, improve the nation’s health and well-being, and provide opportunities to give back and support neighbors. Focusing on strengthening communities through youth development, healthy living and social responsibility, the Y offers services such as youth sports, aquatics, after-school, preschool and child care, summer camp, health and fitness programs, and membership. For more information about the YMCA of Greater Miami, call toll free 1-877-WOW-YMCA or visit [www.ymcamiami.org](http://www.ymcamiami.org).