



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WHERE 'ME' TIME BECOMES A REALITY

MOMS ON THE MOVE OVIEDO YMCA

Calling all Moms! Take advantage of two monthly opportunities to drop your kids off in Child Development to network and spend time with other moms. Find a new work out buddy, try a class with a friend, support and encourage other moms and more!

Coordinating Volunteer

Sara Daniel

Saradanielmom23@yahoo.com

MOM'S CIRCUIT WORKOUT

WHEN: First Wednesday of
every month at 10 AM

WHERE: Wellness Floor

MOM'S MEET UP

WHEN: Last Tuesday of
every month at 11 AM

WHERE: Conference Room

JOIN OUR FACEBOOK GROUP!
Search for YMCA MOMS Oviedo



Questions contact:

Youth Development Director, Sarah Parker, sparker@cfymca.org