

5th Annual Exercise-a-thon

Written by Margaret Evans

Tuesday, 11 August 2015 13:56 - Last Updated Wednesday, 12 August 2015 06:23



The Wardle Family YMCA of Beaufort County, located at 1801 Richmond Ave., in Port Royal will host its 5th annual Exercise-a-thon Saturday, August 29, 2015 from 8 am to 12 pm. This unprecedented 4-hour event invites everyone to participate in aerobic exercises including kickboxing, power circuit, spinning, Tabata, yoga, water aerobics and more. The cost is \$10 per person to participate; however, donations beyond \$10 are more than welcome. Non YMCA members are encouraged to participate and will receive a complimentary Y day pass as an added thank you!

Due to limited space in our spinning room, Y members, guests and community participants are asked to reserve their spin bike in advance by either visiting the YMCA front desk or by calling the Y at 843-522-9622. All other participants can register and pledge the morning of the event at the Y.

The event goal is \$3,000. All money raised will benefit the annual 2015 Scholarship

5th Annual Exercise-a-thon

Written by Margaret Evans

Tuesday, 11 August 2015 13:56 - Last Updated Wednesday, 12 August 2015 06:23

