



# OUTDOOR FITNESS CENTER

## DO YOU MISS WORKING OUT?

We are now offering use of free weight and fitness center equipment in our outdoor fitness center located at the YMCA Soccer Field Pavilion.

**MONDAY/WEDNESDAY/FRIDAY**  
**12:00-2:00p**

**Members Only**

**Masks Are Required**

**540 YMCA WAY**  
**[www.ashlandymca.org](http://www.ashlandymca.org)**  
**541-482-9622**



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**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**