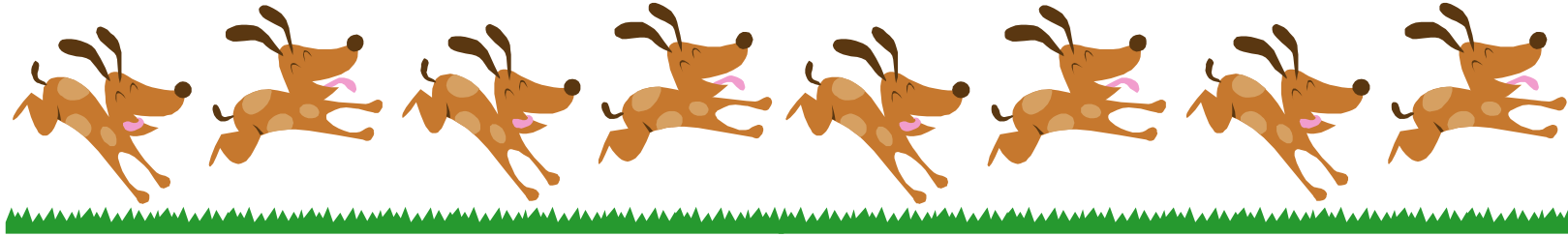


The Union County Family YMCA's **Dog Days of Summer**

Members' Fitness Incentive Program



YMCA members can work out during the “Dog Days of Summer” at the YMCA or at home. Keep track of your workouts with our easy-to-use sheet and enter into our drawing. You’ll stay fit and healthy and so will Sparky!

Here’s how it works:



Sign up to be in our program. It begins July 21st and ends August 23rd.



Get a Dog Days of Summer sheet from the YMCA front desk. Use this sheet to record your work outs at home or at the YMCA.



Get bonus points for working out with your dog and participating in the Union County Humane Society's Run Fur Hope on Saturday, August 9th.



When you have filled in all the boxes, return the form to the YMCA and put it in the appropriate can.



A winner will be drawn for a Dog Days of Summer prize pack, including gift certificates to Jack’s Aquarium and Pets and the Union County Humane Society.

For more information or to get started, see the YMCA Front Desk.



YMCA. We build strong kids, strong families, strong communities.

