

FAMILY FITNESS DAY

SUNDAY, MAY 20th 2pm to 4pm @ GREAT SOUTH BAY YMCA

200 West Main Street, Bayshore NY 11706



GiGi's Playhouse Long Island in partnership with Great South Bay YMCA present our first Family Fitness Day!

GiGi's Playhouse is Long Islands Premiere Down Syndrome Achievement Center, opening 2019. This will be a day created specifically to promote healthy lifestyle choices, create community awareness about individuals with Down Syndrome and most importantly, HAVE FUN! So jump, skip or hop on over and join us for an afternoon full of fun and fitness for all ages! Join us in celebrating how individuals with Down Syndrome are more alike than different. Featuring...

ROCK WALL

BOUNCY HOUSE

HEALTHY SNACKS

FITNESS DEMONSTRATIONS

REFRESHMENTS

RAFFLES & PRIZES

**FREE
ADMISSION**

Register at gigisplayhouse.org/longisland
For more info, email: longisland@gigisplayhouse.org
LIKE US ON FACEBOOK!