

Darienite

News for Darien

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Darien YMCA and Palmwich Have a Fit Club Challenge For You

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From the Darien YMCA [Facebook timeline](#):

WE CHALLENGE YOU, to take THE FIT CLUB CHALLENGE with The Darien YMCA and Palmwich!

This challenge is free to members, and non-members can also participate with the purchase of a class pass. The participants will commit to improving their health and fitness level by completing 20 fitness classes in 4 weeks.

And have a lot of fun doing it! Stop by the Wellness Center today to learn more, or come by our big Kick-off event this Wednesday, Oct. 30 at the Y, to pick up a Fit Club card and taste some yummy, and healthy Palmwich samples!