

the Y ^{YMCA} January

Programs & Events

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31 HOLIDAY HOURS 7am-4pm	1 HOLIDAY HOURS 7am-4pm	2 Youth Sports Parent's Meeting @ 6pm	3 LAST CHANCE!!!! Youth Winter Sports starts 1/7. Sign up today to ensure your spot! Register NOW for basketball, flag football & volleyball	4 Register for Youth Volleyball Clinic - Grades 2-11	5 Join us for Garden Club, the 1st Saturday of every month @ 9am
6 One perk of living in Florida is that you can swim year round. January Swim Lessons start 1/12!	7 Don't forget to grab the updated Group Ex Schedule! Updates begin this week! Healthy & Fit @ 9am Prayer Group @ 10:30am	8 Come try our new Les Mills format "TONE" @ 9:45am & 4:30pm Mission Committee @ 12:00pm	9 Farmer's Market 5am-1pm Every Wednesday	10 Homeschool PE program @ 2pm for ages 4-14 years old (every Thursday) RSVP at the Front Desk	11 Come try our new Les Mills format "TONE" @ 8:30pm	12
13 Trainer Team Building Workout- Train with all of our trainers @ 12pm in this dynamic group in which you will never receive the same workout twice!	14	15 Brain Fitness Club Demo @ 9:30am & 5:30pm: Come learn more how you or your loved ones could prevent memory loss through Brain Fitness Club	16 Farmer's Market 5am-1pm	17 Join us for the Knitting Club every Thursday @ 1pm	18 Winter Basketball First Games	19 Winter Flag Football First Games
20	21	22	23	24	25	26
LES MILLS LAUNCH WEEK - ALL WEEK LONG, COME WIN DOOR PRIZES AS YOU ENJOY NEW SONGS & WORKOUTS FOR BODYPUMP, ATTACK & TONE!						
		Is 2019 your year to be DEBT free? We are hosting a Financial Peace University		Membership Welcoming Committee @ 10:15am	Parent's Night Out Kids ages 5-12 from 5-10pm	FAMILY SWIM TIME: Enjoy pool games led by a lifeguard 3:30-5:30pm
<p>*NEW* Introductory Personal Training Session- Try personal training before you commit to purchasing a personal training package. Introductory session includes a 30 min one-on-one assessment as well as a 45 min personalized workout with a trainer.</p>			30 Farmer's Market 5am-1pm Every Wednesday	31 TEEN PROGRAM Youth in Govt. Thursdays @ 6pm	<p>Research shows that you will have a higher success rate sticking with your exercise routine if you do it with a friend or companion. Bring a friend to the Y to try a class with you!</p>	

