

HEALTHIER HOLIDAYS WITH YOUR YMCA

Your Y team has put together a variety of fun activities to keep you engaged, inspired, and ready for the holiday season. Together, let's commit to sustaining healthier habits through the remainder of 2021 and gear up to set goals instead of resolutions in 2022.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Take any aquatic or land-based group exercise classes to be entered into a weekly raffle for a gift card or one month free for an adult membership. Gain bonus raffles for attending the weekly featured class type, e.g., yoga. Raffle winners are selected every Thursday and announced on Friday via social media and the mobile app. Enjoy!			Normal hours	Thanksgiving All branches are closed	Normal hours	
Featured weekly class: Yoga or Pilates		Giving Tuesday	Celebrate Hanukkah with Acts of Kindness – Nov. 28 – Dec. 6 We invite you to drop off a canned good(s) and nonperishable item(s) to be donated to support our community at large.			
Featured weekly class: Spin or HIIT	Bring a friend to the Y week! This week, we encourage all members to bring a friend along for their favorite class or workout.					Gift Card Bonus Today, buy a \$50 gift card – and we'll add \$25 in Y bucks for you!
Featured weekly class: Aqua fitness class or Silver Sneakers	Confirm Your Email for a Free Guest Pass Call or visit the member service desk to update your email and receive a free guest pass.					Gift Card Bonus Today, buy a \$50 gift card – and we'll add \$25 in Y bucks for you!
Featured weekly class: Zumba or Dance and Tone	Commit to movement wherever you are! This week, we encourage all members to give YMCA360 a try to support movement even when schedules are busy.				Christmas Eve All branches close at 12 PM	Christmas All branches are closed
Featured weekly class: Turbo Kick or Row					New Year's Eve All branches close at 6 PM	Happy New Year All branches are closed

Stay connected to your health goals and your Y:

- Utilize YMCA360, our virtual platform included with your membership
- Activate your Y mobile app account to stay up-to-date on announcements and opportunities