

National YMCA Week – 2012

Eden Family YMCA

Sunday, January 8

The YMCA encourages you to attend
the church of your choice.

Monday, January 9

Open House – the public is invited to tour the facility, attend fitness classes & play a lunchtime,
pickup, basketball game.

The joining fee will be waived for new bank draft members.

Classes: Water Exercise at 8 am and 6 pm,
Silver Sneakers-Cardio Circuit-9 am, Silver Sneakers-11 am,
Cycling Class at 5:30 pm, and 7:15 pm, Abs at 6:45 pm

Tuesday, January 10

Brown Bag and BINGO at 12:15 pm – the public is invited to bring a bag lunch & play BINGO.
The YMCA will have drinks.

Wednesday, January 11

Open House – the public is invited to tour the facility, attend fitness classes & play a lunchtime,
pickup, basketball game.

The joining fee will be waived for new bank draft members.

Classes: Water Exercise at 8 am, Zumba at 8 am,
Silver Sneakers-Cardio Circuit - 9 am, Zumba-5:30 & 7:00 pm
Deep Water Running-9 am & 3 pm. Silver Sneakers at 11 am

Thursday, January 12

Brown Bag and BINGO at 12:15 pm – the public is invited to bring a bag lunch & play BINGO.
The YMCA will have drinks.

Friday, January 13

Open House – the public is invited to tour the facility, attend fitness classes & play a lunchtime,
pickup, basketball game.

The joining fee will be waived for new bank draft members.

Classes: Water Exercise at 8 am & 6 pm, Zumba at 8 am & 4:30 pm
Silver Sneakers at 11 am

Saturday, January 14

Prayer Breakfast – Come eat and fellowship with us. The time is 8:00 a.m. and reservations
must be made by January 11, by calling the YMCA at 623-8496. Leave your name and the total
number of people attending the breakfast.