

# **National YMCA Week – 2012**

## **Western Rockingham Co. 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 and attend fitness classes. The joining fee will be waived for new bank draft members. Classes: Silver Sneakers at 9:30 am and Brown Bag and BINGO at 11 am – the public is invited to bring a bag lunch and play BINGO. Zumba is at 5 pm

### ***Tuesday, January 10***

Open House – the public is invited to tour the facility and attend fitness classes. The joining fee will be waived for new bank draft members. Classes: Silver Sneakers at 9:30 am and 10:45 am,  
Pump it Up at 5:30 pm

### ***Wednesday, January 11***

Open House – the public is invited to tour the facility and attend fitness classes. The joining fee will be waived for new bank draft members. Classes: Silver Sneakers at 9:30 am, Brown Bag and BINGO at 11 am The public is invited to bring a bag lunch and play BINGO. Zumba at 5 pm

### ***Thursday, January 12***

Open House – the public is invited to tour the facility and attend fitness classes. The joining fee will be waived for new bank draft members. Classes: Silver Sneakers at 9:30 am and 10:45 am,  
Core at 5:30 pm

### ***Friday, January 13***

Open House – the public is invited to tour the facility and attend fitness classes. The joining fee will be waived for new bank draft members. Classes: Silver Sneakers at 9:30 am,

### ***Saturday, January 14***

Prayer Breakfast – Come eat and fellowship with us at the Eden YMCA. The time is 8:00 am 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.