YMCA MEMBER Appreciation Week

OCTOBER 26 - 31

ALL WEEK
- Judge our pumpkins and help out Annual Campaign
- Healthy Snacks
- Become a Healthier YOU! Participate in the Washington County’s Million Pound Challenge - Register using QR Code
- Participate in Exercise Class/Classes - Each time you will be entered in a drawing for a 6-month membership. One for water classes and one for land classes.

MONDAY, OCTOBER 26

9:00 - 10:00 am Aqua Ractic Halloween Style Small Pool
9:00 - 11:00 am Pickleball Social Outdoor Pickleball
10:40 - 11:40 am Glow Basics Yoga Program #3
5:00 - 7:00 pm 10-Minute Personal Training (Must sign up at Fitness Desk Prior)
5:30 - 6:30 pm Glow Body Attack Program #3
6:45 - 7:45 pm Glow Intermediate Yoga Program Room #3
7:00 - 8:00 pm Three Point Shooting Contest Gymnasium

TUESDAY, OCTOBER 27

1:30 - 2:30 pm 10-Minute Personal Training (Must sign up at Fitness Desk Prior)
5:00 - 7:15 pm Grab N Go Pumpkin Decorating Lobby
5:30 - 6:30 pm Glow Zumba Program #3
6:00 - 7:00 pm Body Pump (weather permitting) Pickleball Court
6:45 - 7:45 pm Glow Power Yoga Program Room #3
7:00 - 8:00 pm Open Volleyball Gymnasium
7:05 - 7:45 pm Stroke Mechanics (fine turn your swim style) Large Pool

WEDNESDAY, OCTOBER 28

9:00 - 9:55 am Splash/Hyde Halloween Style Large Pool
9:30 - 10:30 am Glow Zumba Program #3
10:00 - 10:55 am Aqua Zumba Halloween Style Large Pool
10:45 - 11:45 am Intermediate Glow Yoga Program #3
12:00 - 1:00 pm Pickleball Challenge Program #4
1:30 - 2:30 pm 10-Minute Personal Training Session (Must sign up at Fitness Desk Prior)
4:00 - 7:00 pm Pickleball Challenge Racquetball Courts
5:30 - 6:30 pm Glow Body Attack Program #3
6:45 - 7:45 pm Glow Intermediate Yoga Program #3

THURSDAY, OCTOBER 29

10:00 - 10:45 pm Xtraining Using Y Facilities Program #4
10:30 - 11:15 pm Stroke Mechanics (Fine turn your swim style) Large Pool
1:00 - 3:00 pm Pickleball Instruction Program #4
3:00 pm Bike Safe Play Court Ribbon Cutting Ceremony Near Pavilion
5:00 - 6:15 pm Grab N Go Pumpkin Decorating Lobby
6:15 - 7:15 pm Glow Zumba Program #3

FRIDAY, OCTOBER 30

9:00 - 10:00 am Aqua Yoga Halloween Style Small Pool
10:40 - 11:40 am Glow Zumba Program #3
6:00 - 8:00 pm Halloween Glow Pool (During family swim) Small Pool

SATURDAY, OCTOBER 31

8:00 - 8:45 am Stroke Mechanics (Fine turn your swim style) Small Pool
9:00 - 11:00 am Grab N Go Pumpkin Decorating Lobby
9:45 - 10:45 am Glow Zumba Program #3
10:00 - 11:30 am 10-Minute Personal Training Session (Must sign up at Fitness Desk Prior)
1:30 - 4:00 pm Halloween Glow Pool (During family swim) Small Pool

MILLION POUND CHALLENGE

PICKLEBALL SOCIAL

GLow Zumba

Racquetball Challenge

X-Training

Aqua Yoga

10-MINUTE PERSONAL TRAINING SESSION