

YMCA MEMBER

Appreciation

Week

OCTOBER 26 - 31

OCTOBER 26 - OCTOBER 31

ALL WEEK

- Judge our pumpkins and help our Annual Campaign Lobby
- Healthy Snacks Lobby
- Become a Healthier YOU. Participate in the Washington County's Million Pound Challenge - Register using QR Code **NEW** Front Desk
- 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.

MILLION POUND CHALLENGE

MONDAY, OCTOBER 26

9:00 - 10:00 am	Aqua Bands Halloween Style NEW	Small Pool
9:00 - 11:00 am	Pickleball Social	Outdoor Pickleball
10:40 - 11:40 am	Glow Gently Yoga	Program #3
5:00 - 7:00 pm	10-Minute Personal Training (Must sign up at Fitness Desk Prior)	Fitness Center
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 (Must register at Front Desk by October 23) NEW	Gymnasium

PICKLEBALL SOCIAL

TUESDAY, OCTOBER 27

1:30 - 2:30 pm	10-Minute Personal Training (Must sign up at Fitness Desk Prior)	Fitness Center
5:00 - 7:15 pm	Grab N Go Pumpkin Decorating NEW	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

GLOW ZUMBA

WEDNESDAY, OCTOBER 28

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

RACQUETBALL CHALLENGE

THURSDAY, OCTOBER 29

10:00 - 11:00 am	Xtraining Using Y Facilities	Program #4
10:30 - 11:15 am	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 NEW	Near Pavilion
5:00 - 7:15 pm	Grab N Go Pumpkin Decorating	Lobby
6:15 - 7:15 pm	Glow Zumba	Program #3

XTRAINING

FRIDAY, OCTOBER 30

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

AQUA YOGA

SATURDAY, OCTOBER 31

8:00 - 8:45 am	Stroke Mechanics (Fine turn your swim style)	
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)	Fitness Center
1:30 - 4:00 pm	Halloween Glow Pool (During family swim) NEW	Small Pool

10-MINUTE PERSONAL TRAINING SESSION