

Open House EXTENDED

The bad weather isn't so bad with perks like this!

The YWCA's Health & Wellness Center is extending its Open House until Saturday, January 29, 2011.

Visit the YWCA January 17 – 29, 2011
and enter for a chance to win an **iPod nano***!

TRY ONE OF OUR FEATURED ACTIVITIES FOR FREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Power Yoga @ 12:15 p.m.	Six-Pack Attack @ 9:00 a.m.	Lap Swim @ 12:00 p.m.	Water Exercise @ 8:45 a.m.	Power Cycle @ 6:00 a.m.	Stretch-Flex Yoga @ 8:30 a.m.	Ooh-Rah! @ 9:00 a.m.
Butts, Bellies, Biceps @ 5:30 p.m.	Zumba @ 6:30 p.m.	Cross Training @ 4:30 p.m.	Ultimate Melt @ 5:45 p.m.	Run for your life in the Water @ 6:00 p.m.	Zumba @ 9:30 a.m.	

ACHIEVE TOTAL FITNESS

Purchase an Annual Fitness Plan between
January 17 – 29, 2011 and enter for a chance to win an
iPad*!

All guests and drop-in users must present a valid photo ID upon check-in at the front desk. No exceptions. All facility rules and member policies apply to guests. *You must be 18 years or older to participate in this drawing. This offer is only available to non-fitness plan members.

eliminating racism
empowering women
ywca

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