

JANUARY

at the Y

2019

A New Year, A New You!



CELEBRATING
50 YEARS
OF A COMMUNITY FIT
1969 2019

Throughout 2019, we will be celebrating the YMCA of Catawba Valley's contributions to our community, thanking our members for allowing us to be a part of their lives and welcoming new friends into our culture of wellness.



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WHAT'S HAPPENING IN JANUARY

CURRENT MEMBERS	<ul style="list-style-type: none"> The first 50 YMCA members in the door on New Year's Day get a limited edition 50th anniversary long sleeved T-shirt (hours 8am-2pm) Bring a friend for free on New Year's Day! The first 50 YMCA members to work out 12 times in January receive their choice of exercise equipment (stretch band, foam roller or jump rope)
NEW MEMBERS	<ul style="list-style-type: none"> The first 50 people who join the YMCA in the month of January will receive a YMCA mesh bag/towel set New members can also participate in the member promotion for January
SPECIAL EVENTS	<p>New Year's Day Burn "Fabulous at 50" Group Exercise Classes-Dress in 1950's attire, refreshments and drawings for prizes</p> <ul style="list-style-type: none"> Adrian L. Shuford Jr. YMCA 8:30am-12 noon in the group exercise and spin rooms Hickory Foundation YMCA 9:30 am-11:30am in the gym

The Y: We're for youth development, healthy living and social responsibility.

YMCA OF CATAWBA VALLEY

Hickory Foundation YMCA
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