



RANDOLPH-ASHEBORO YMCA NEWS & EVENTS - JANUARY 2019

HEALTHY & FIT IN 2019



STRENGTHENING COMMUNITY—CHANGING LIVES
WE'RE MORE THAN A GYM
WE'RE A CAUSE

JOIN THE Y

Beginning December 26, 2018

PAY NO JOINING FEE PLUS...
 A Savings of \$50-\$100!

Play **PLINKO** for one of the following:

**10 FREE
Guest
Passes**

**1st Full
Month
FREE**

Each New Membership
& Member Referral gets
**ONE
RAFFLE TICKET**
into a drawing for a
**YMCA
GIFT BASKET**
\$800+ Value!

**FREE
Workout
Bag**

**FREE
\$25
Y-Bucks**

NEW YEAR CELEBRATION



FREE!
MEMBER APPRECIATION EVENT
BRING A FRIEND!

Live Les Mills Classes with Master Trainer,
 Leslie Ann Quillen (8am & 9am)
 Group Fitness Classes (8:15am-10am)
 Health Fair (9am-12:30pm)
 Youth BeastMode Competition (9am-11am)

MEMBER GIVEAWAYS!

**1ST 50 MEMBERS - BRING A FRIEND AND
 GET A Y GYM BAG!**

**REGISTER TO WIN 3 MONTHS
 FREE MEMBERSHIP!**

CHALLENGE: Happy New Year and Cheers to Your Health!! The Randolph-Asheboro YMCA challenges you to invest in a quality supplement! Many common issues like; fatigue, insomnia and even skin conditions can be attributed to nutrient and mineral deficiencies. In a perfect world, we would get everything we need for peak body function through diet alone. Unfortunately today's processed diets leave us nutrient deficient. Do your research and find out what would be the best supplement for you! We will offer Healthy Habits seminars and Yfit classes throughout the new year to help you learn what your body needs to keep your body functioning at an optimal level. Let's celebrate health at the Y and give yourself the boost you need to make this year your healthiest!

CLOSINGS:

Pool: Jan 4 (2:30pm-Close); Jan 8 (3pm-Close);
 Jan 11 (2:30pm-Close); Jan 17 (3:30pm-Close) for Swim Meets
Gymnasium: Jan 8, 9, 10 for Special Olympics Bball

New Year's Day: Regular Hours

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B I N G O

CHALLENGE

. Pick up card from Front Desk



**. Complete ANY ROW
 for a FREE Y Gift!**

OR

**. Complete ALL BOXES
 for a FREE YMCA T-shirt!**

**NOW
 THRU
 FEB
 28**

A United Way Community Partner

For more information on events—www.randolphasheboroymca.com or (336) 625-1976

"Jesus said to him, "I am the way, and the truth, and the life. No one comes to the Father except through me." - John 14:6