



RANDOLPH-ASHEBORO YMCA NEWS & EVENTS - MARCH 2018

YOGA WALL CLASSES



The Yoga Wall helps facilitate lengthening of your spine, opening up joints, strengthening hard-to-build muscles, & improving inversions.

*See GX Schedule for class days/times.

No Extra Cost! *Included with your membership!

MEMBER-GET-A-MEMBER

Member Referral Program



IT'S BETTER TOGETHER



Get \$10 Y-BUCKS when you refer a new member. Referral card must be filled out and turned in at time of joining.

WHAT'S HOT



LES MILLS VIRTUAL CLASSES



VISUAL SCENERY CYCLE CLASSES



**FAMILY MOVIE NIGHT
MARCH 29 @ 5:30PM**

CHALLENGE: March is National Nutrition Month. The Randolph-Asheboro YMCA challenges you to work on getting fit before summer. See a staff member to set up a Wellness Connection. Participate in the Community Garden to pick up skills and nutrition facts. Make healthier snack choices like opting for an apple instead of chips. See our Staff Nutritionists Karen and Scarlet for more information! Let's get healthier together!

CLOSINGS:

Gymnasium: Fridays(6-Close) thru 5/11 *Adult Soccer
Saturdays(4-Close) thru 5/12 *Adult Basketball

MARCH EVENTS/REGISTRATIONS:

- Girls Youth Volleyball Registration - now thru 3/19
- Father & Daughter Prom (March 17) - tickets now thru 3/11
- Lifeguard Cert. & Swim Lesson Registrations going on now!
- 7 - Adult Painting Class
- 15 - St. Patrick's Day Bingo
Financial Peace University Preview Night @ 5:45pm
- 17 - Mandala Workshop 10a-12p
Father/Daughter Prom 6p-9p
- 21 - Senior Day, Planning for Future Talk, Brain Bootcamp,
Spring Salad Lunch; 80's Dance Party
- 23-25 - Life Guard Certification Classes
- 26 - Steve McQueen Movie
- 29 - Member Family Movie Night-"Moana" @ 5:30pm
- 30 - Good Friday Prayer Breakfast (7:15, 8:15, 9:15,10:15am)

A United Way Community Partner

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

"Be strong and take heart, all you who hope in the Lord." - Psalm 31:24