



# RANDOLPH-ASHEBORO YMCA

## 'PUTTING THE Y IN COMMUNITY' SCHEDULED ACTIVITIES

Saturday, November 12, 2016 – 8am-4pm

### NEW MEMBERSHIP SPECIAL

November 11-13 No New Member Joining Fee w/ (5) Non-Perishable Food Items for Canned Food Drive

### HOLIDAY CRAFT FAIR

8:00am-3:00pm Holiday Craft Fair – FREE Admission (Basketball Gymnasium)

### FREE CHAIR MASSAGES

9:00am-12:00pm Free mini-massages by Pam Trogdon (Basketball Gymnasium)

### NURSERY – CHILD CARE

8:00am-12:00pm Child Care available for ages 6 weeks – 6 years (Nursery)

### SENIOR/TEEN CENTER

8:00am-4:00pm Open Play (Senior/Teen Center)

### GROUP FITNESS CLASSES

8:05am-9:00am	<b>Boot Camp</b>	(Group Exercise Studio)
8:15am-9:00am	<b>Yoga</b>	(Mind & Body Studio)
8:30am-9:30am	<b>Water Aerobics</b>	(Pool)
9:15am-10:00am	<b>Pilates</b>	(Mind & Body Studio)
9:00am-10:00am	<b>Cycle</b>	(Indoor Cycle Studio)
10:00am-11:00am	<b>Yoga</b>	(Mind & Body Studio)

### COMMUNITY EXPO

9:00am-12:00pm Community Expo (Community Room)  
Flu Shots, Free Manicures, Safe Medicine Drop, Hands Only CPR,  
in addition to other various community organizations and businesses.

### DOOR PRIZES

Register for Door Prizes  
in the Lobby

### CANNED FOOD DRIVE

November 11, 12, & 13  
Benefiting Our Daily Bread  
Soup Kitchen

**No Joining Fee when you  
bring (5) non-perishable  
food items!**



### BATTLE OF THE BEASTS COMPETITION (\$)

9:00am-2:00pm 5 BeastMode Competition Events – Open to the Community! (Ages 15+)  
\$5 entry fee for each event or \$20 for all 5 events. **Unleash your Inner Beast!**

### FOOD TRUCKS

10:00am-3:00pm

### OPEN SWIM

1:00pm – 4:00pm Open Swim Times – Children must be supervised by parent or guardian (Pool)

\* Visit [RandolphAsheboroYMCA.com](http://RandolphAsheboroYMCA.com) for upcoming events at your Randolph-Asheboro YMCA \*

343 NC Hwy 42 N – Asheboro, NC 27203 – 336.625.1976 – [www.RandolphAsheboroYMCA.com](http://www.RandolphAsheboroYMCA.com)