



RANDOLPH-ASHEBORO YMCA

'PUTTING THE Y IN COMMUNITY' SCHEDULED ACTIVITIES

Saturday, November 10, 2018 – 8am-4pm



NEW MEMBERSHIP SPECIAL

November 9-11 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 with over 90 vendors – FREE Admission (Basketball Gymnasium)

NURSERY – CHILD CARE

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

FREE MASSAGES

9:00am-1:00pm Free table & chair massages by Kneaded Movements (Basketball Gymnasium)

GROUP FITNESS CLASSES

LIVE CLASSES (with an Instructor):

8:00am: Bootcamp	(Group Exercise Studio)
8:15am: Yoga	(Mind & Body Studio)
9:00am: Cycle	(Indoor Cycle Studio)
9:00am: LesMills BODYPUMP	(Group Exercise Studio)
10:00am: Yoga Wall	(Mind & Body Studio)
10:15am: Hip-Hop	(Group Exercise Studio)

VIRTUAL LesMills CLASSES

11:15am: CXWORX	(Group Exercise Studio):	2:00pm: BODYPUMP
12:00pm: SH'BAM		3:15pm: BODYFLOW
1:00pm: GRIT		

FOOD TRUCKS

8am-3pm (Outside)

DOOR PRIZES

Register for Door Prizes in the Lobby

CANNED FOOD DRIVE

November 9, 10, & 11
Benefiting Our Daily Bread
Soup Kitchen

**No Joining Fee when you
bring (5) non-perishable food
items! Save \$50-\$100!**

COMMUNITY EXPO

9:00am-12:00pm Community Expo (Community Room)

Vendors Include: HealthTeam Advantage, Senior Games, Bankers Life Insurance, Asheboro Cultural & Recreational Services, Humana, Macon's Martial Arts, NC Zoo/Trees NC, Children's Home Society, Physical Therapy & Hand Specialist - Dr. Jason Albright

SENIOR/TEEN CENTER

10:00am-4:00pm Open Play (Senior/Teen Center)

CHRISTIAN MUSIC BAND

1:30pm-2:30pm Born Again Gospel Singers (Comm Rm)

OPEN SWIM

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

* Visit RandolphAsheboroYMCA.com for upcoming events at your Randolph-Asheboro YMCA *

343 NC Hwy 42 N – Asheboro, NC 27203 – 336.625.1976 – www.RandolphAsheboroYMCA.com