



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HALLOWEEN TRAIN & TREAT

OCTOBER 27TH 6PM-8PM | BASKETBALL GYM

FREE MEMBER APPRECIATION FOR ALL AGES!

COME DRESSED IN YOUR BEST HALLOWEEN COSTUME AND JOIN US FOR THIS FREE FAMILY EVENT JUST FOR MEMBERS!

- 6-7pm — **TRAIN AND TREAT WITH DANIELLE** (Kids Kindergarten-Age 12)
Kids will participate in fun-filled interactive fitness games and activities for special treats.
- 6-7pm — **TOTAL BODY BOOTCAMP WITH JENNIFER** (Adults ages 13+)
Enjoy a total body Halloween themed competition workout to receive a special Y gift!
- 6-7pm — **SEATED VOLLEYBALL WITH VIRGINIA** (Senior Adults)
All the fun of volleyball, but in a chair! Participate to receive a special Y gift!
- 7:00pm — **ZOMBIE THRILLER DANCE PERFORMANCE WITH DANA**
Participate in the Thriller Dance Classes in October and come show off your new moves!
- 7-8pm — **FAMILY TIME** (Everyone)
Family Dance Party w/ Felix McNeill & DJ Eric Lorenzo Davis & Large Oversized Games
- 7:15pm — **FAMILY PUMPKIN CARVING CONTEST** (Limited to 10 Families)
We'll provide the pumpkins, you bring the supplies for your family to carve & decorate for a chance to win a special YMCA prize! Adult supervision required. Sign up in advance!

HEALTHY LIVING | FAMILY TOGETHERNESS

RANDOLPH-ASHEBORO YMCA

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