



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Membership Appreciation Week

## February 12 – 16, 2018

### EASTERN BRANCH YMCA

**YOGA CLASSES – Get your Zen on!**  
Tuesday and Thursday – 6 PM – 7 PM  
Evening Yoga classes are back.

**PERSONAL TRAINING – Meet the Trainers**  
Tuesday, February 13 – 5:30 PM–7 PM  
Friday, February 16 – 11 AM–1 PM  
Need a little boost to your workout? Stop by to meet the YMCA Personal Training Staff and participate in sample workouts.

**CHAIR MASSAGE – Relax and Rejuvenate!**  
Monday, February 12 – 12:30 PM–2 PM  
Friday, February 16 – 5 PM–7 PM  
Enjoy a 10 minute chair massage and meet our licensed therapist.

**WE ♥ EXERCISE. Wednesday, February 14**  
**Bring a friend and wear red!**

**CHILDWATCH – Come and Play!**  
Monday – Thursday – 5:30 PM–7 PM  
Staff will watch your children while you workout in our facility.

**PARENT'S NITE OUT –**  
Friday, February 16 – 6 PM–8 PM  
Enjoy the evening out with your significant other while the kid's are entertained by Y Staff.

Bring a friend with you to work-out or take a fitness class. If your friend becomes a member, you will receive a free month!  
(friend must be a member for 90 days)

**EASTERN BRANCH YMCA**  
4075 E. Market Street  
York, PA 17406  
[www.yorkcoymca.org](http://www.yorkcoymca.org)



YOUTH DEVELOPMENT



HEALTHY LIFESTYLE



SOCIAL RESPONSIBILITY