



MEMBER UPDATES & INFO FOR FEBRUARY

FAMILY FUN DAYS AT THE Y!

SUNDAY:
February 19,
March 19 & April 16
1:00 PM – 3:30 PM

FREE for members
Family Day Pass \$20



NEW AOA CLASS! ESSETRICS® Aging Backwards®

It's never too late to slow down, or even reverse, the effects of aging. Roll back joint pain and muscle loss at any age—through slow & gentle, scientifically designed full-body rebalancing workouts that focuses on increasing mobility, flexibility and relieving chronic aches, pains, and joint stiffness. Reawaken the power of your 650 muscles while slowly building strength in your body.

MONDAY & WEDNESDAYS
COMMUNITY GYM – 10:15 AM – 11:15 AM



FATHER DAUGHTER DATE NIGHT

Friday, February 10
6:00–8:00 pm

PRE-REGISTER in person at the Welcome Center desk or [online](#)



WINTER II PROGRAMS START FEBRUARY 11TH!

Winter II Session Dates:
February 11th – March 10th

REGISTER TODAY!

LIVESTRONG® AT THE YMCA

WE ARE ACCEPTING INTEREST FORMS THROUGH FEBRUARY 17TH!

To be considered, please complete the [participant interest form](#).

Tuesdays & Thursdays
Starting
February 28th
2:15–3:45 pm
or 5:00 – 6:30 pm



AOA
Out to Lunch
Tuesday, February 14

ROLLING MEADOWS
RESTAURANT – 11:30 am
Sign up at the Welcome Center desk.



PADDLEBOARD YOGA

Floating yoga session that works breath & balance in a variety of poses & flows to find your center while gently rocking on the water's surface. Experience focused breathing, sun salutations, and beginner paddle board yoga poses. **MUST REGISTER & PAY IN ADVANCE.**

MONDAYS AT 12:00 PM | LAP POOL