



JANUARY 2012

AUBURN VALLEY YMCA



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Happy New Year! Your YMCA is closed today.	2 GET ACTIVE! Our NEW! Group Exercise Schedule starts today. Pick up your copy at Member Services.	3 Winter Karate Starts Today! All Levels Welcome; Pre-Registration Required; Must be at least 7 years old.	4 Aloha! 2012 Planning Meeting 12:30—2p FREE to all Aloha Members	5 <i>By Popular Demand</i> MISSION NUTRITION Join the Pacific Science Center for this family class 6—8p FREE Must Pre-Register	6 Have You Had Your Total Health Consultation? FREE One-hour With Fitness Trainer Stop By Front Desk to Schedule	7 Are You A Weekend Warrior? We Have All this, EVERY SATURDAY! Sports Conditioning 8:30a Cardio/Strength 9a Yoga 9a Group Cycling 9:30 Zumba 10:30a
8 RENEW, RECHARGE, RECONNECT! No Joining Fee all Month! Save up to \$150*	9 <i>Up Early?</i> Join Us at Group Cycling Mon, Wed & Fri 5:30a—6:30a	10 Hey Teens! Join Urban Adventures as they travel to the UW Men's Basketball Game Must Pre-Register; More info ejoseph@seattleyymca.org	11 <i>Get Crafty with</i> HAPPY HANDS Jan 11 & 25 12:30—2p FREE! & Open to All Skill Levels	12 SUPER CYCLING! 90-Minute Group Cycling Classes Thurs Jan 12 & Tues Jan 24 9:30—11a	13 <i>RSVP by 12N for Parents Night Out</i> <i>Habla Espanol?</i> Beginning Spanish for Adults Fridays 6:30—7:30p Please Pre-Reg (\$)	14 Date Night? Bring the Kids to play, swim & have dinner while you get some free time. Parents Night Out 5—10p (\$) Pre-Reg Required
15 <i>Hit The Slopes!</i> TOMORROW! Y Riders to Stevens Pass 6a—7p Must Pre-Register	16 MLK Day In Honor of Martin Luther King, Your YMCA is closed today.	12 Now on Tuesdays! Body Shop 6—6:30a Core & Stretch 6:30—7a 	18 Make It A Play Date Tonight! FROSTY FUN! 7—8:30p Must Pre-Register (\$)	19 Thursdays Are Lively at the Y! STEP 9:30a—10:30a Core Stretch & Strength 10:30—11a	20 Bring the Whole Family to Family ZUMBA! Fridays 4:30—5:30p All Levels & Ages Welcome	21 <i>Get Tobacco Free!</i> ACCELERATE YOUR QUIT 12:30-3:30p 9a-12M Pre-Register; More info henson@seattleyymca.org
22 New To Zumba? Start Here! Every Sunday 2—3p	23 FREE Support Group Living Tobacco-Free Wednesdays 6—7p More info, henson@seattleyymca.org	24 Strengthen Your Core with Pilates Every Wed 9—10a Every Tues & Thurs 5:30—6:30p	25 Wednesdays Now Feature 90min class for GROUP CYCLING 6—7:30a	26 Join the fun! Active Older Adults Trip to see Kenny G & Gladys Knight Must Pre-Register More info, cjifford@seattleyymca.org or call Ext. 7563	29 Hey Teens! Celebrate! Teen Center Late Night 8—11p FREE!	28 <i>Hit The Slopes!</i> Y Riders to Stevens Pass 9a-12M Must Pre-Register Parents Night Out 5—10p (\$) PreReg
29 OPEN SWIM with Slide Every Sunday 2—5p	30 Winter 3 Swim Lessons Start Today! Hey Members! Remember if your friend joins the Y, you get a month's dues FREE!	31 Unleash your Inner Artist! Family Art Class Tuesdays 5:30—6:30p Must Pre-Register	 <p> PANDORA—UNFORGETTABLE MOMENTS OF LOVE ON ICE The Auburn Valley YMCA Active Older Adults have planned a trip to see Unforgettable Moments On Ice featuring Kenny G & Gladys Knight. Price includes reserved seat ticket & bus ride to & from the Y. Please Pre-Register; More info, contact cjifford@seattleyymca.org or call 253/833-2770 Ext. 7563 </p>			