



E-NEWS for members & family

February 2010

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Greetings from the Reidsville Family YMCA,

Make the Reidsville Family YMCA your "New Year's Resolution Solution" with programs for people of all ages and abilities. We are offering new classes ranging from stretch to Zumba and we are offering more advanced programs like boot camp and running camp. The **goal** of the Reidsville Family YMCA is to be the BEST family facility in the area, please let us know what we can do to better serve you!

Adult Fitness

Running Camp

Increase your distance! This camp will focus on the 5K (3.1 mile) to 5-mile distance. We will be working on speed, form, and motivation. Come join other runners to improve and refine your skill.

Space is limited to the first 24 participants. Running camp will run February 15th - March 12th on Monday, Wednesday, and Friday from 5:00 a.m. - 6:00 a.m. The program will meet in front of the Reidsville Family YMCA.

Cost is \$30 members and \$53 for non-members. This includes a long sleeve t0shirt. Registration begins February 1st for members and February 2nd for non-members.

More details are available at the Reidsville Family YMCA.

Zumba

The Zumba workout fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Check out the February group exercise schedule for class times. We have classes for all ages and abilities.

Hip Hop Hustle

Get into the dance groove with us and you'll burn some serious calories! You won't even realize you're exercising. Check out the February group exercise schedule for class times.

Youth Fitness and Sports

The Energy Factory

The Energy Factory has recently been upgraded with two Wii Fitness System packages. Please stop by and check it out!

We are now registering for the following sports and activities:

Swim lessons
Water exercise
Indoor soccer
Spring soccer

Contact the Reidsville Y for more information!

Community Activities

We have a lot of activities coming up in the next few months. Be on the lookout for the following programs:

Aquatic Boot Camp
Boot Camp Blitz
Wii Senior Bowling League
Lifeguard Classes
Our 4th Annual underwater Easter egg hunt

We also have the following activities going on to keep our members connected:

Active Older Adult Luncheons - held on the 3rd Tuesday of every month.

Knitting and crocheting group - Tuesday and Thursdays from 10:00 a.m. - 11:00 a.m. in the computer lab.

Painting club - Tuesdays from 9:00 a.m. - 1:00 p.m. in the BB&T Community Room; bring your supplies and come on out.

Men's Bible Study - Monday and Wednesday early mornings. Give us a call for more information.

Follow us on Facebook and Twitter!



We look forward to seeing you all this month, and love having you in our facilities.

As always thanks for your support.

Sincerely,

Reidsville Family YMCA

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