



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RECONNECT WITH HEALTH

AT YMCA WELLNESS WEEK!

FREE ACCESS TO YMCA SEPTEMBER 9-15



MONDAY

Bring a non-member to a YMCA group exercise class and you will both be entered into a drawing for a FREE month at the Y!

SALSA Cook-Off — 5:30 p.m.



TUESDAY

Join us in the gym where we will have Pickleball set up for anyone to play, 9-11 a.m.



WEDNESDAY

FREE CrossFit Motivate 5:15 a.m. or 6 p.m.
At the YMCA @ R7



THURSDAY

Active Older Adult Wellness Social, 9:15 a.m.



FRIDAY

Walk Out on Work 11:30 a.m.-1 p.m., North Park
FREE sack lunch for everyone registered by Sept. 11



SATURDAY

Aqua Ninja Warrior Course in the YMCA Pool, 2-4 p.m.
FREE for all ages



SUNDAY

Spokes for Students Bike Ride to support middle school YMCA after-school program. 2-mile, 20-mile or 50-mile ride. Free meal after ride.
Time: 1 p.m. Fee: \$30 Register by Sept. 1 to receive shirt.



DON SJOGREN COMMUNITY YMCA

1415 Broadway | Holdrege | 308-995-4050 | www.ymcaoftheprairie.org