



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LIVE HEALTHY IN 2012 – It's On Us!

OPEN HOUSES THROUGHOUT JANUARY

January 5th (Thursday)

January 13th (Friday)

January 18th (Wednesday)

January 24th (Tuesday)

January 30th (Monday)



Welcome in the New Year by checking out the Idaho Falls Family YMCA throughout the month of January. We will be opening our doors to anyone in the community that would like to take a look at our updated facility and try out our new and fun class schedule. Take a tour, try out our childcare facility, take a class, use the free weights and meet our friendly staff.

WINTER JAM

January 7th – 8:30 – Noon

Who's Invited

Whether you are a member of our gym, another gym in town or looking to get started, we would love to see your face experiencing the YMCA difference at our annual Winter Jam.

What

Try out all of the YMCA's classes in one day, talk to our personal trainers, tour our facility, tour our newly remodeled childcare facility, and learn about our programs and what we do for our community. Come enjoy the food, fun and prizes throughout the action packet morning. The classes we will be sampling are Body Pump 80, Zumba, Pilates, Yoga, Spinning, and our brand new R.I.P.P.E.D.

Join us – We are committed to a healthier you this year!