

FAMILY EVENTS

Father-Daughter Dance

Get all dressed up and come and twirl and spin with your daughters at this family friendly dance. Pictures will be available to capture your long lasting memory.

January 14th

Cost: \$20, \$5 each additional child



Family Bingo

Enjoy some good ole' Family Bingo at the Y! A fun filled event, packed with loads of prizes. Family Bingo provides a safe and enjoyable get-together for kids and families.

February 24th

Cost: \$1 for 3 bingo cards

Dive In Movie

Come join us and other families for some fun while watching a movie in the pool.

March 16th

Cost: FREE

Healthy Kids Day

Spend the day with your family exercising, having fun, and learning about healthier food choices. Join us and other families for some good ole' family fun!

FREE

April

Family Exercise Night

Spend the evening with your family exercising and having fun!

FREE

May

Group Exercise Classes

Why Participate In Group Exercise Classes?

Research has indicated that individuals who participate in group exercise classes are more likely to achieve their health and wellness goals due to increased motivation, new friendships, and accountability.

How To Get Started?

Just show up and wear comfortable clothing. All equipment is provided. No Pre-registration required!

What Class Should You Take?

Beginners

Swimnastics, Spinning, Target Training, Walking, SAIL, Pilates, Yoga, Cardio Sculpt

Need Improved Flexibility, Balance, And/Or Relaxation:

Yoga, Pilates, Swimnastics, Target Training, SAIL

Want Strength, Power, And Definition:

Hydro-Fit, Cardio Sculpt, Spinning, Target Training, Fast & Fit Lunch, Zumba, Cardio Kickboxing

Cardiovascular Endurance:

Hydro-Fit, Swimnastics, Cardio Sculpt, Spinning, Target Training, Fast & Fit Lunch, Zumba, Cardio Kickboxing