



APRIL 2019 CLUBS

FREE FOR ALL YMCA MEMBERS!

Each and every day you come to the YMCA to build and maintain your physical health. Come join us for some fun and creative ways to build and maintain your cognitive and nutritional health!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3 NEW MEMBER ORIENTATION (Lobby) 9:30-10 a.m.	4	5 CHEERS TO THE YEARS (Lobby) Noon-12:30 p.m.	6
7	8	9 GAME CLUB (Lobby) 5-5:30 p.m.	10 TAI CHI CLUB (Fitness Studio) Noon-1 p.m.	11 WALK WITH A DOC (Board Room) 9-10 a.m.	12	13
14	15 HEALTHY LIFESTYLE CLUB (Board Room) Noon-1 p.m.	16 HEALTHY LIFESTYLE'S RESTAURANT CLUB (Grand Valley Inn) Noon-2 p.m.	17 NEW MEMBER ORIENTATION (Lobby) 9:30-10 a.m.	18 BREAKFAST CLUB (Lobby) 9 a.m.	19	20
21	22	23	24 BINGO (Lobby) 9:30-10 a.m.	25 MINDFULNESS CLUB (Lobby) 10:30-11 a.m.	26	27
28	29 LUNCH BUNCH (Lobby) Noon-12:30 p.m.	30				