



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