

## [NEW MEMBER SERVICES AND PROGRAMS!](#)

**New Member Orientations offered:** All members receive a free orientation of the fitness machines and cardio equipment. Check at the front desk for days and times.

**Youth Exercise-** Grades 2-4 Cardio Step/Salsa Hip Hop/ Strength Training/Pilates/Flexibility & Fun! (Feb)

**Youth Sports Conditioning/Pers. Training-** Cardio Conditioning Drills, Strength/Pilates Core/Flexibility (one on one or group) (March/April)

**Youth Strength Course-** Proper Strength Training Technique & learning a Strength Training Routine (Jan/Feb)

**7/8 Graders Cardio/Strength Class-** Combination Cardio/Strength, *only 35 min.* T/TH @ 3:30-4:05pm /Jan 6 - \$15mem / \$30nm (7 wks)

*If there is anything that we can do for members not currently offered please contact DeWayne at 224-1683 or [dewayne@oaheymca.org](mailto:dewayne@oaheymca.org). We are here to serve you!*

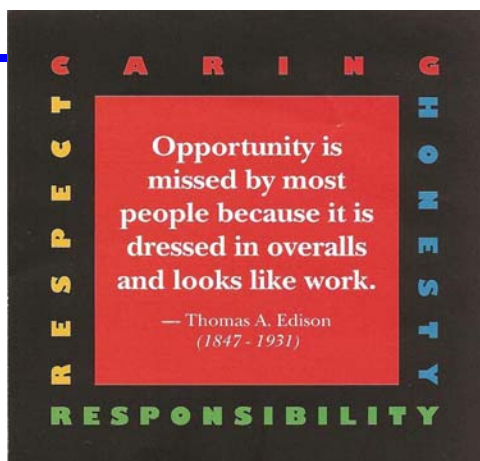
[www.oaheymca.org](http://www.oaheymca.org)

### YMCA WEBSITE MORE THAN JUST PROGRAM INFORMATION AND SCHEDULES!

Special Health & Wellness and Family Information is available at our website, [www.oaheymca.org](http://www.oaheymca.org). Downloads are available on many different subjects at no cost to you. See pictures of programs, check out YMCA facts and history, register for a class or just find out when the pool is open all on our website. Information is being changed and added on a regular basis.

**SPECIAL EVENT INFORMATION** - Get information on special events both YMCA and Community Events by visiting our website.

**Check it out! You may be surprised at what you find!**



## **OAHE FAMILY YMCA**

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