

Happy New Year!



January 2009 Avalon Park YMCA



**Check Out
Our
“How to”
Calendar for
January!**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Make a 2009 Exercise Plan This Week!</p>	<p>WE ARE HERE FOR YOU! Please ask any of our Wellness Coaches for help with your workouts.</p>			<p>1 New Year's Day Workout Party!</p>	<p>2 New Group Exercise Schedule Begins TODAY!</p>	<p>3 How to: Get set up on the Spin Bike</p>
<p>→</p>	<p>5 Project Pressure & Blood Drive! 8am-8pm</p>	<p>6 How to: Make a Plan Workshop 10-11 am</p>	<p>7 How to: Use the Circuit Machines</p>	<p>8 How to: Make a Plan Workshop 6-7 pm</p>	<p>9 How to: Get set up on the Spin Bike</p>	<p>10 How to: Warm-up Properly & Get Started</p>
<p>11 How to: Warm-up Properly & Get Started</p>	<p>12 How to: Get started Making Smart Food Choices 10-11am</p>	<p>13 How to: Use the Exercise Ball in your workouts</p>	<p>14 Y-Tri Club Info Meeting 6:45pm Y-Not Tri?</p>	<p>15 How to: Get started Making Smart Food Choices 6-7pm</p>	<p>16 How to: Use the Circuit Machines</p>	<p>17 How to: Use the Weighted Ball in your Workouts</p>
<p>18 How to: Use the Circuit Machines</p>	<p>19 How to: Use the Exercise Ball in your workouts</p>	<p>20 How to: Resistance Training Workshop 10-11 am</p>	<p>21 How to: Stretch & Use the Foam Roller</p>	<p>22 How to: Resistance Training Workshop 6-7 pm</p>	<p>23 How to: Do Cardio Intervals on the Treadmill</p>	<p>24 How to: Warm-up Properly & Get Started</p>
<p>25 How to: Do Cardio Intervals on the Treadmill</p>	<p>26 How to: Warm-up Properly & Get Started</p>	<p>27 How to: Cardio Exercise Workshop 10-11 am</p>	<p>28 How to: Use the Weighted Ball in your Workouts</p>	<p>29 How to: Cardio Exercise Workshop 6-7 pm</p>	<p>30 New Member Welcome Workout 6:00pm</p>	<p>31 How to: Stretch & Use the Foam Roller</p>

Not a Y Member?

Join the Y this Month & Save up to \$50 off your Joiner Fee!

**www.TryYToday.com
407-381-2512**

Stop By Today!

What to Look for This Month at Your !

Member to Member Referral

Catch the Y Spirit & Share it with a Friend!



1st Member Referral = YMCA T-shirt

Each additional Referral = 30 Min. Personal Training Session

At the end of each month, all members who referred a friend to join will be eligible for the Monthly Grand Prize Drawing!

January Referral Grand Prize

\$100 YMCA Program Card

You can use this toward any Avalon Park YMCA Program to include Personal Training, Youth & Adult Sports, Swim Lessons, etc.

"How To" Wellness Workshops

- January 6 & 8 - How to: Make a Lifestyle Plan for 2009
- January 12 & 15 - How to: Get Started with Making Smart Food Choices
- January 20 & 22 - How to: Resistance Train & Why it is Important
- January 27 & 29 - How to: Vary Your Cardio Exercise & Why

Project Pressure & Blood Drive

*Monday, January 5th
8am-8pm*

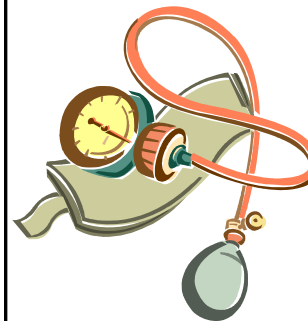
When you DONATE BLOOD you also get:

- Mini-Physical
- Blood Pressure
- Glucose (Sugar) Levels
- Cholesterol Levels
- Blood Type
- Iron Level
- and a T-shirt!



*Just looking to get your
BLOOD PRESSURE checked?*

*Take advantage of PROJECT PRESSURE from
11am-1pm*



*High Blood Pressure can be the
silent killer. Know your number!*