



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

"Dance in the New Year" December 2011

- 9th** – Christmas Extravaganza 6:30 -8:30 pm
17th – Polar Bear Express Parent Night out 5-10 pm
21st – Y Family Night At The Hurricanes 7 pm
25th – Closed for Christmas
26th – Building Hours 8am – 6pm

Class Changes

Wed 10:30 am Cardio Express

- 12/7 – Zumba
- 12/14 – "Dancy" Step
- 12/21 – Zumba
- 12/28 – Low Impact Cardio

Wed 5:30 pm Cardio Rotation

- 12/7 – Yoga/Dance Fusion
- 12/14 – 90's Jam Dance Party
- 12/21 – Zumba
- 12/28 – Zumba

Sun 3 pm Cardio Express

- 12/4 – Kickboxing
- 12/11 – Zumba
- 12/18 – Bosu

8:00pm Yoga is now at 7:30 pm
Mon & Wed

11:00 am Pilates on Wed
is now in Studio A

We Need "Gently Used" Yoga Mats

We are collecting these mats to help our kids in Wake Med's "Energize" program continue to practice yoga at home.

Box will be located outside
Studio A

Wanted:

Group Fitness Volunteers
(To help Instructors)

Inquire:

Stacy.Smith@triangleymca.org

Call: 249-1429