



RAPPAHANNOCK AREA YMCA

40 DAYS OF FITNESS AND FUN!

September 2013						
Savings Sunday	Mind-blowing Monday	2 for Tuesday	Work-Out Wednesday	Thirsty Thursday	Friendly Friday	Super Saturday
1	2	3	4	5	6 *Bring in 1 adult guest for free (ALL) * \$40 off joining fee (ALL) *KONA ICE DAY, 12-2 (MA) *Air popcorn all day (KG)	7 *Bring in a non-member for a group fitness class before noon the fee is only \$4! (ALL)
8 Waive Joining Fee (ALL) HAPPY 5TH BIRTHDAY KING GEORGE!	9 *Bring in a nonmember who joins, get a \$40 credit (ALL) *Complete YMCA game of day, win prize (RR) * "Pushup Challenge" starts (MA, KG) *Birthday Party (KG)	10 *Bring in 2 canned foods, spin wheel for prize (ALL) *Free t-shirt every 40 minutes 8-12, 4-8(MA)/ @5:55am & 5:55 pm (KG) *Birthday Spin (KG)	11 *Purchase a package of 5 personal training sessions, get 1 free (ALL) *Birthday Boot camp AM & PM (KG)	12 *Complimentary bottle of water, 9-11 am & 4-6pm (ALL) * \$40 off joining fee (ALL) *B-day 5 mile run @10:30am (KG)	13 *Bring in 1 adult guest for free (ALL) *KONA ICE DAY, 12-2 (MA) *KG Y Trivia Day (KG) *Air popcorn all day (KG)	14 *Bring in a non-member for a group fitness class before noon the fee is only \$4! (ALL)
15 Waive Joining Fee (ALL)	16 *Bring in a nonmember who joins, get a \$40 credit (ALL) *Complete YMCA game of day, win prize (RR) * "Plank Challenge" starts (MA,KG)	17 *Bring in 2 canned foods, spin wheel for prize (ALL) *Free t-shirt every 40 minutes 8-12, 4-8(MA)/ @5:55am & 5:55 pm (KG)	18 *Purchase a package of 5 personal training sessions, get 1 free (ALL) * \$40 off joining fee (ALL)	19 *Complimentary bottle of water, 9-11 am & 4-6pm (ALL)	20 *Bring in 1 adult guest for free (ALL) *KONA ICE DAY, 12-2 (MA) *Air popcorn all day (KG)	21 *Bring in a non-member for a group fitness class before noon the fee is only \$4! (ALL) <u>*YMCA BINGO NIGHT, 5-7 (MA)</u>
22 Waive Joining Fee (ALL)	23 *Bring in a nonmember who joins, get a \$40 credit (ALL) *Complete YMCA game of day, win prize (RR) * "Pull-up Challenge" starts (MA) *Vertimax Challenge (KG)	24 *Bring in 2 canned foods, spin wheel for prize (ALL) *Free t-shirt every 40 minutes 8-12, 4-8(MA)/ @5:55am & 5:55 pm (KG) *\$40 off joining fee (ALL)	25 *Purchase a package of 5 personal training sessions, get 1 free (ALL)	26 *Complimentary bottle of water, 9-11 am & 4-6pm (ALL)	27 *Bring in 1 adult guest for free (ALL) *KONA ICE DAY, 12-2 (MA) *Air popcorn all day (KG)	28 *Bring in a non-member for a group fitness class before noon the fee is only \$4! (ALL)
29 Waive Joining Fee (ALL)	30 *Bring in a nonmember who joins, get a \$40 credit (ALL) *Complete YMCA game of day, win prize (RR) * "Burpee Challenge" starts (MA,KG) * \$40 off joining fee (ALL)	Notes: MA: Massad RR: Ron Rosner KG: King George ALL: All locations *See wellness center for details on challenges				

Louis B. Massad Family YMCA
Celebrating 40 Years



Ron Rosner YMCA of Spotsylvania
Celebrated 10 Years July 23rd

King George Family YMCA
Celebrating 5 Years



Caroline County Family YMCA
Opening in 2013



RAPPAHANNOCK AREA YMCA

40 DAYS OF FITNESS AND FUN!

October 2013						
Savings Sunday	Mind-blowing Monday	2 for Tuesday	Work-Out Wednesday	Thirsty Thursday	Friendly Friday	Super Saturday
		1	2 *Purchase a package of 5 personal training sessions, get 1 free (ALL)	3 *Complimentary bottle of water, 9-11am & 4-6pm (ALL)	4 *Bring in 1 adult guest for free (ALL) *\$40 off joining fee (ALL) *KONA ICE DAY, 12-2 (MA)	5 *Bring in a non-member for a group fitness class before noon the fee is only \$4! (ALL)
6 Waive Joining Fee (ALL)	7 *Bring in a nonmember who joins, get a \$40 credit (ALL) **"Mountain Climber Challenge starts" *Complete YMCA game of day, win prize (RR)	8 *Bring in 2 canned foods, spin wheel for prize (ALL) *Free t-shirt every 40 minutes 8-12, 4-8(MA)	9 *Purchase a package of 5 personal training sessions, get 1 free (ALL) * \$40 off joining fee (ALL)	10 *Complimentary bottle of water, 9-11am & 4-6pm (ALL)	11 *Bring in 1 adult guest for free (ALL) *KONA ICE DAY, 12-2 (MA)	12 *Bring in a non-member for a group fitness class before noon the fee is only \$4! (ALL) <u>*YMCA BINGO NIGHT, 5-7 (MA)</u>
13 Waive Joining Fee (ALL)	14 *Bring in a nonmember who joins, get a \$40 credit (ALL) *Complete YMCA game of day, win prize (RR)	15  **40th Anniversary** Fun filled day at the Massad Branch! Kona Ice 12-2 	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	Notes: MA: Massad RR: Ron Rosner KG: King George ALL: All locations *See wellness center for details on challenges	

Louis B. Massad Family YMCA
Celebrating 40 Years

Ron Rosner YMCA of Spotsylvania
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King George Family YMCA
Celebrating 5 Years

Caroline County Family YMCA
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40th Anniversary Fitness

- *Pushup Challenge: September 9th-15th
- *Plank Challenge: September 16th-22nd
- *Pull-up Challenge: September 23rd-29th
- *Mountain Climber Challenge: September 30th- October 6th
- *Burpee Challenge: October 7th-13th



Challenge Details

- There will be a category for both men & women and challenge t-shirts will be awarded for each challenge entitled "Massad Family 2013 Pushup Challenge Winner" (each challenge will be titled according).
- There will be a Challenge board placed in the Wellness Center recording each person's results so all members can see where they stand.
- Each member can have up to 5 turns to try and improve their score within the week time frame.
- Rules for each challenge will be posted on the Challenge board (within the Wellness Center) each week and explained to all competitors before they complete the challenge to ensure consistency across the board.

