



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Stokes County Recreation Department 2012 Fitness Challenge January 3rd through March 30th

SIGN UP NOW for our fitness challenge!

This challenge will begin on January 3rd and run through March 30th. We are doing things a little different this year instead of points every class you attend or visit you make to our center we will enter your name into a drawing. Drawings will be held weekly, monthly and at the end of the challenge. The more entries the better your chances of winning! YMCA T-shirts, free exercises classes, consultation with a nutritionist and one on one time with a personal trainer are an example of our prizes. You get a bonus entry just for signing up, so come in, call 593-8165 or email b.hicks@ymcanwnc.org to sign up today!

Ways to earn entries:

- 1 entry for working out at the Recreation Department (1 entry per daily visit)
- 2 entries for taking a group exercise size class

Bonus entries:

- 1 entry for signing up
- 1 entry for signing up before February 1st
- 1 entry for bringing a friend (must be a new guest)
- 1 entry for visiting the center 5 out of 5 days per week (entry will be giving weekly)
- 1 entry for attending nutritional information sessions (coming in February)

January Group Exercise Schedule:

Being dying to try Zumba, Yoga or interested in an abs class try them for free January 9th – January 13th.

Zumba 5:15pm-6:15pm: A fusion of Latin and International music put to routines featuring aerobic and fitness interval training. Learn new dance steps while getting a great dynamic core workout.

1/04, 1/06, 1/09, 1/11, 1/13, 1/18, 1/23, 1/25, 1/30

Abs 12:00pm-12:30pm: 30 minutes of core work-out (abs/back).

1/03, 1/05, 1/10, 1/12, 1/19, 1/24, 1/26, 1/31

Yoga 6:00pm-7:00pm: Beginners learn the fundamentals of yoga and the basic yoga poses, with an emphasis on alignment and detail, while the experienced practitioner fine-tunes their skills.

1/03, 1/06, 1/10, 1/13, 1/17, 1/20, 1/24, 1/27, 1/31

Stokes County Recreation Department Info:

We are open Monday through Thursday 10:00 am to 6:00 pm and Friday 10:00am to 2:00pm. We have 3 ellipticals and 2 bicycle that can be used daily free of charge. Group exercise classes are \$3.00 per class or free for Y members. All group exercises classes are free the week of January 9th – January 13th.

Stokes County Recreation Department
Facilitated by the STOKES FAMILY YMCA

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Our Mission: "Helping people reach their God-given potential in spirit, mind and body."