



THIS IS THE YEAR TO MAKE YOUR LEAP INTO A NEW HEALTHY LIFESTYLE!

- **Walking Membership** - For that person who just wants to take a walk, we have something new for you. The YMCA is now offering a Walking Membership. The membership allows you to walk Monday through Friday from open to 3 PM. Each membership is good for five weeks for only \$45.
- **Coming Soon! Walking Club** - In partnership with the Walking Membership, we will soon be introducing a Walking Club. For those who love to set goals and to be somewhere else, we have mapped out some destination for our walkers and, as you reach certain milestones, rewards will be earned. The walking club is \$20 to enroll and is good per every 500 miles logged.
- **Free Fitness February** - It may be the shortest month but February has a lot to offer at the YMCA. Sometimes getting started on your fitness journey just requires a little nudge so we are doing just that. All fitness classes offered at the YMCA will be welcoming visitors to try our classes at no cost during February. Come out and do Pilates, Shred, Kettlebells and more as our guests. Some classes will be limited but we will do our best to accommodate. See our fitness schedule on our website at cantonfamilyymca.org. **Stop by the Customer Service Desk for your FREE Pass!**
- **Pickleball For Beginners** - If you have ever had the itch to try Pickleball then now is the time to give it a try. We will be holding **FREE** Pickleball Sessions for Beginners in February, so you can come see what all the talk is about. It's on Wednesday and Thursday nights from 7-8:15 PM, the YMCA will be your new favorite place. The Y does have some extra paddles for those who don't want to rush out and buy one...yet. **Stop by the Customer Service Desk and pick up your FREE Pass!**
- **Membership Open House** - Did you know the YMCA has a new indoor track? Were you aware that our gym got new glass backboards? There are many things you may not know about what we have to offer but we will allow you to "kick the tires" before you decide to enroll. **Monday, February 26 - Thursday, February 29th, we are welcoming non-members to come use the Y's facilities for FREE! Stop by the Customer Service Desk for your FREE 4 day pass!**
- **Social Media March** - This month we are making you the star. If you post a selfie of you working out at the YMCA during February and tag the Canton Family YMCA then you will be eligible to win a prize at the end of the month. One entry per day will be allowed but the more you come to workout the better your chances of winning.

Take the LEAP, join the Y for a new Healthy Lifestyle!

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