



WELLNESS-A-THON

Eric Snow Family YMCA

Join us during the month of October for our first Wellness-A-Thon, with a different event every Saturday.

Saturday, October 6th:

Kickbox-A-Thon

11AM-3PM

\$40 per 1/2 hour session

Join Lance Thornton for a full-body, cardio kickboxing class. All money raised benefits the Annual Campaign.



Saturday, October 20th:

Bike-A-Thon

10AM-2PM

\$40 per 1/2 hour session

Come join our high-energy cycling instructors for a great workout. All money raised benefits the Annual Campaign.

Saturday, October 13th:

Zumba Party

11AM-1PM

\$10 per 1 hour session

Come dance with our Zumba instructors and help us reach our Annual Campaign Goal!



Saturday, October 27th:

Yoga-Thon

10AM-2PM

\$10 per 1 hour session

Enjoy a relaxing yoga session with one of our yoga instructors. All money raised benefits the Annual Campaign.

ERIC SNOW YMCA

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