



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Join Us For **MEMBER APPRECIATION WEEK!**



Tuesday May 28th

Trivia Tuesday!

Join Member Services
for Trivia Games &
Prizes in the lobby
9:30am-11am & 6pm-7:30pm



Thursday May 30th

Throwback Thursday!

Come dressed in your
Favorite Era/Decade and enter to
win our **Best Dressed Contest!**

**Wednesday
May 29th**

**Wellness
Wednesday**



Wellness Checks (6am-1pm) &
Fitness Center Orientations
(5am-12pm; 4pm-10pm)

Or dare yourself to our
Workout Word Challenge for a
Chance To Win A Prize!



Friday May 31st
ReFRESHing FRIYAY!

Sip and Socialize with your favorite
members and staff while you enjoy fruit
infused water with some healthy snacks.



Join us for our
OPEN HOUSE
9am-12noon

Stop in for a guided tour of our facility
and learn about our programs, classes,
equipment, and member benefits.

See Member Services for details or more information.

Cumberland Cape Atlantic YMCA

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