



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YMCA Week of Wellness

## LICKING COUNTY FAMILY YMCA Health & Wellness

Join us for an entire week based around improving your overall health & wellness.  
Come participate in a variety of our special events throughout the week

**November 5–November 10, 2018**

### Y Newark Schedule

**Monday, November 5:**  
Intro to Strength Training 6:00–7:00PM

**Tuesday, November 6:**  
Nutrition Workshop 6:00–7:00PM  
Barbell Basics 6:00–7:00PM  
Kids Kickball (English Gym) 6:00–7:00PM

**Wednesday, November 7:**  
Cooking Class 6:00–7:00PM

**Thursday, November 8:**  
Fitness Goal Setting Workshop  
6:00–7:00PM  
Barbell Basics 6:00–7:00PM

**Friday, November 9:**  
Intro to Cardio 12:00–1:00PM

**Saturday, November 10:**  
Meditation Basics Workshop  
11:00AM–12:00PM



### Y Western Schedule

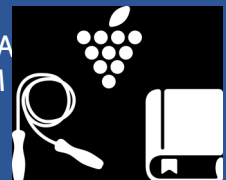
**Monday, November 5:**  
Barbell Basics 6:00–7:00PM  
Intro to Cardio 7:00–8:00PM

**Tuesday, November 6:**  
Nutrition Workshop 6:00–7:00PM  
Cardio Kids 5:45–6:30PM

**Wednesday, November 7:**  
Intro to Strength Training 6:00–7:00PM

**Thursday, November 8:**  
Intro to Cardio 9:00–10:00AM  
Cooking Class 6:00–7:00PM

**Saturday, November 10:**  
Intro to Strength Training  
10:00–11:00AM  
Exploring the Art of Meditation  
10:15–11:15AM



### Bring-A-Friend-to-Class Pass

Get one from your instructor, and bring a friend to your favorite class!  
All guests will be put in a drawing for a free 1-month membership!

- No Joiner Fee All Week at both locations!
- Free Blood Pressure Readings Friday, November 9, 12:00–2:00PM at the Newark Branch!
- Drawings for prizes at each special event on the schedule above!

40lb

50lb

60lb