

# Greetings Members!

It already 6 months into the New Year! I hope you and your families have been out and about doing safe and fun activities. What better place to be for all your fitness & wellness activities than the Y.

## How do you spell family without the Y?

We have fitness classes for the beginner to the seasoned fitness buff.

We have classes from Guitar Lessons to Family Zumba! We are working to provide more classes for families and classes for our children to participate in healthy and fit activities.

We will be welcoming a **new Physical Director**, she will be in charge of Adult and Youth; Fitness & Sports, and she starts June 14th!

Fitness and Wellness are truly about lifestyle choices, and when we make them part of our everyday lives we find success in all aspects of our life both personally and with our family.

We want you to share those feelings with friends, co-workers and employers; the success of our YMCA depends upon members like you getting more people interested in the YMCA's path to fitness and wellness! The adage the "more the merrier" is true whether in a fitness class, lap swimming in the pool, working out in the Fitness Center, volunteering in Youth Sports, or attending Family Nights. So share the news the Y is the place to be!

Please use the Free Fitness Assessment at the bottom of this page as our Happy 6 months, recharge your batteries gift to you and your family. It can be used for individuals and/or Families.

## Hurry it is only good through July

Thanks for being a member of the Cheyenne Family YMCA.

*Phil McGovern*

Phil McGovern, CEO



## Free Fitness Assessment

**Bring in this coupon to schedule your free fitness assessment. (\$120 family value)**

**Let the YMCA fitness staff get you and your family on the right track to a healthy and fit lifestyle.**



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