

# Greetings Members!



I hope your holidays were happy, safe and spent with family and friends. It is the New Year and time for all of us to keep our New Year's Resolutions! What better place to do that than at the YMCA.

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

We are working this New Year to incorporate more classes for families and classes for our children to participate in healthy and fit activities.

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 so 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 sign your friends up and receive a special prize from us!

Please use the Free Fitness Assessment at the bottom of this page as our New Year's gift to you and your family. It can be used for individuals and/or Families.

Hurry it is only good for this month!

Keep a lookout for another Member "perk" for February!

Thanks for being a member of the YMCA of Cheyenne,

*Phil McGovern*

Phil McGovern, CEO

## Free Fitness Assessment

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

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



Cheyenne Family YMCA  
1426 E Lincolnway  
307-634-9622  
[www.cheyenneymca.org](http://www.cheyenneymca.org)

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