



MEMBER 2024 BAKER COUNTY YMCA APPRECIATION WEEK

April 8th-12th



M

Free Mini Muffins 8-11 am (Sam-O-Swims)
Omron Body Fat Calculations 9-10 am
(The Welcome Center)

T

Free Smoothies 6-7am (The Welcome Center)
Free mini muffins 8-11am (Sam-O-Swims)

W

Free mini muffins 8-11 am (Sam-O-Swims)
Pre-Workout, Post-Workout Charcuterie Board for Members
9-11 am (The Welcome Center)
Balance & Mobility Workshop w/ Cheri Seibler 11:15-12 pm
(Studio 1, Fitness Center)

R

Free mini muffins 8-11 am (Sam-O-Swims)
Couch to 5K Workshop 5-6pm (Studio 2, Fitness Center)
BBQ Burgers & Hot Dogs 5:30-6:30 pm (The Welcome Center)

F

Free Bouncy House 9 am -3pm (Church st. Gymnasium)
- with Pizza at 12 pm



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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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FREE DURING
BUSINESS HOURS!**