



# CARLISLE FAMILY YMCA COMMUNITY DAY OPEN HOUSE SATURDAY, JAN. 28, 2012 , 9AM-3PM

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## FACILITY AMENITIES AND HOURS

Child Watch (babysitting for 6 months to 8 years) 9am-12:30pm (fee applies)  
Youth Fitness Center (ages 7-12) 10am-12pm  
Adult Fitness Center (ages 13 & up) 9am-3pm  
Youth Lobby (ages 9-18) 10am-3pm  
Pool Lap Swimming (all ages) 9am-3pm

## GROUP EXERCISE CLASS SCHEDULE

Time	Class Format	Location
8-8:45am	Hill Climber with Laura	Amp Room
8:30-9:30am	Aqua Mix	YMCA Pool
9-10am	Beginners & Spinners with Laura	Amp Room
9-10am	Zumba! with Terre	Prescott Room
10:10-10:40am	Meditation 101 with Melissa	Prescott Room
10:30-11:15am	Spin City with Tina	Amp Room
10:45-11:30am	Sports Yoga with Jim	Prescott Room
11:30am-12:15pm	Family & Friends with DeLo Spinners 13 & up...join the ride!	Amp Room
11:45am-12:30pm	Foundational Strength with Linda	Prescott Room
12:30-1:15pm	Road Trip with Robin	Amp Room
12:45-1:30pm	Family Yoga with Susan	Prescott Room

## MASSAGES, NUTRITION & MORE!

Time	Event	Location
9am-12pm	Blood Drive	Register in the Lobby Donate on the Bloodmobile
10am-12pm	Chair Massages with April	Massage Room (Sign Up at the Welcome Center)
11-11:30am	Eat Right For Nutrition with Georgeanne	Y's Men's Room (3rd Floor)
11:30am-3pm	Rec Swimming	YMCA Pool