



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BUTLER-GAST YMCA FAMILY, COMMUNITY & HEALTH & WELLNESS

## WINTER 2019

### Birthday Bash

Celebrate the birthdays of active older adults and friends at our quarterly Birthday Bashes. There will be a potluck lunch (bring a dish), door prizes, fellowship and friends.

**Wednesday, January 16: 12:00 pm**

Member: FREE

### Black History Month Soul Food Potluck (all ages)

The Butler-Gast YMCA is inviting the community to help celebrate Black History Month and honor the contributions of people of African descent to our community, our nation and to the world. Join us for a traditional soul food potluck luncheon, as well as an inspirational and informative speaker.

**Wednesday, February 20: 12:00 pm**

FREE Community event

### Personal Training & Small Group Training (15+)

Certified Trainers help you reach long and short term goals as well as educate you to become self-sufficient with workouts and goal setting. Our trainers have specialties from plyometrics, strength & conditioning and TRX - we have a trainer for you!

By appointment only. 30 & 60 minutes sessions available.

**Visit the Health & Wellness Director or the Welcome Center for pricing.**

### Get Started (15+)

As a new member, you receive two complimentary Get Started sessions with a certified Personal Trainer. During your sessions you will do the following:

- Background Questionnaire
- Setting Realistic Goals
- Baseline Measurements
- Fitness Assessment
- Personalized Workout
- Program Recommendation based on your goals

By appointment only.

**Visit the Welcome Center to set up your appointments.**

Member: FREE

### Youth Fitness Training (10-14 years)

Youth will gain the following:

- Strength Equipment Orientation
- Cardio Equipment Orientation
- Fitness Floor Rules & Policies
- Nutritional Education
- YMCA Fitness Floor Etiquette

**2nd Saturday of the month: 10:30 am**

Member: \$20



### FAMILY & COMMUNITY CONTACT:

Alethea Lewis, Member Engagement Specialist  
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Register at the Butler-Gast YMCA Welcome Center or online: [www.metroymca.org](http://www.metroymca.org)