

# OCTOBER 8<sup>TH</sup> - 12<sup>TH</sup>

**WE LOVE OUR MEMBERS!**  
It's Member Appreciation Week!

**EDWARDSVILLE YMCA**



## WEEK OF ACTIVITIES!

### MONDAY

Pancake Breakfast • 7:00-10:00am • Meyer  
Smoothies  
9:00-11:00am • Meyer | 5:30-7:30pm • Niebur

### TUESDAY

Toast Bar • 8:00am • Both Centers  
Clark Chiropractic Chair Massages  
8:30-10:00am • Meyer

### WEDNESDAY

Blood Pressure Screening  
7:00-9:30am • Meyer  
Toast Bar • 8:00am • Both Centers  
Integrity Spine Chair Massages  
4:30-6:00pm • Meyer  
Smoothies  
9:00-11:00am • Niebur | 5:30-7:30pm • Meyer

### THURSDAY

Toast Bar • 8:00am • Both Centers  
Clark Chiropractic Chair Massages  
5:00-6:30pm • Niebur

### FRIDAY

Toast Bar • 8:00am • Both Centers  
Flu Shots • 8:00am-Noon • Niebur  
Smoothies  
9:00-11:00am • Meyer | 5:30-7:30pm • Niebur

## RAFFLES EVERY DAY!

Gift Cards (Restaurants & YMCA) • T-Shirts • Memberships

## MEET OUR TRAINERS • 1 Hour Each

Meyer: MON 6pm Stefanie • TUES 10am Kim or Noon Bo •  
WED 5:30pm Branson • THURS 12:30pm Jo, 4pm Leanne or 6pm Stefanie  
Niebur: TUES 11am Brooke or 5:30pm Leanne • THURS 10am Kim