

Stokes Family YMCA

February Schedules & Events

FITNESS CHALLENGE

Our Mission at the YMCA is to help people reach their God-given potential in spirit, mind and body. We are going to challenge you in all of these areas in an 8 week Challenge

Begins Monday, February 8th

Sign Up Now!!!

Refer a friend! If they join the YMCA you will receive **\$25** off your next month's membership fee.

Lots of New and Exciting Programs!!

**Ask about them at our
Welcome Center!**

Up and Running
Women on Weights
Angel Bear Yoga
Girls Running Program
Youth Strength Training and Conditioning
3 Point and Dunk Contest
Spring Outdoor Soccer
Tiny Tots Basketball
Adult Whiffleball
Valentine Potluck