



Parkview Huntington Family YMCA

JOIN US FOR OUR FREE CORPORATE WELLNESS FAIR -September 17th



9am: 1 Mile Family Walk / Family Fun Run

9:30am: Weightlifting Competition

10am-Noon: Health Assessments: BP, BMI, Body Fat %, "Battle of the Bulge" weigh-in

10am-Noon: Mini Group Exercise Classes
(20 mins each)

10:30am: Basketball Half-time Shootout

11am: Tug of War (teams of 4/ in sand)

12pm: Costume Cannonball in the pool

12:30pm: FREE Lunch on the Y patio

1pm: Cornhole Tourney: (Coed, Women, Men)

1pm-4:30pm: Open Swim for families

6-8pm: Youth Services Bureau Walk for Hope
(6-7pm registration / 7pm walk begins at Huntington North High School multi-purpose stadium)

FREE

DOOR PRIZES

MEMBERSHIP SPECIAL

AWARDS

Child care provided from 9am—Noon

Ages 6 wks-7yrs: Enjoy time in our Play & Learn area cared for by our trained staff.

7-10 yr olds: Enjoy supervised activities for kids in our preschool rooms and on the Y playground.

FREE TO PARTICIPATE

AWARDS FOR SELECT EVENTS

DOOR PRIZES GIVEN THROUGHOUT THE DAY

MEMBERSHIP SPECIAL ALL DAY—(No joiner's fee to join the Y...a savings of \$75)

Community informational booths onsite (9am-Noon)