12 Days of Christmas

12 DAYS OF MOVEMENT. ONE MERRY MONTH AT THE Y.

CHRISTMAS SPIRIT
Workout with a family member or friend

JINGLE BELL ROCK
Take a fitness class on our Christmas calendar

SEASON'S GREETINGS
Introduce yourself to someone new at the Y

WORKING UP A SWEATER
Wear a Christmas sweater to the Y

HANG UP YOUR STOCKINGS
Wear Christmas socks to the Y for your workout

SEVEN SWANS A SWIMMING
Workout at the pool with an aquatics class or laps

ALLLL IS CALM. ALLLL IS BRIGHT.
Take a mind + body class to reset (yoga, pilates, Tai Chi)

ROCKIN AROUND THE FITNESS CENTER
Complete a strength workout (20 minutes)

JINGLE BELL ROCK
Listen to Christmas music during your workout

WALKING IN A WINTER WONDERLAND
Walk or run a mile on the outdoor track

SOMETHING NEW UNDER THE TREE
Try a fitness class or machine you've never used before

HAVE YOURSELF A MERRY LITTLE CHRISTMAS
Complete 20+ minutes of indoor cardio

Return to the front desk by Wednesday, December 30th!