



FOREVERWELL

May 2024 Ridgedale YMCA



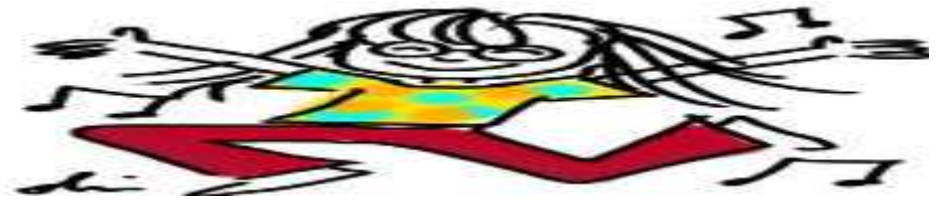
CHECK THIS OUT

INBODY TEST is a non-invasive body composition analysis that provides a detailed breakdown of your weight in terms of muscle, fat, and water on an InBody Results Sheet. Get results you trust without pinching or dunking to achieve your health and wellbeing goals with precision and actionable objectives. Visit the Welcome Desk at your local Y schedule with you Fitness Assessment

WEDNESDAY MAY 8
CRAFT FAIR 9AM

MEMORIAL DAY HOURS
7-NOON

NEED TO SIGN UP
FOR WATER EX
CLASSES ONLINE



WEDNESDAY, MAY 29, 2024

NATIONAL SENIOR HEALTH AND FITNESS DAY

MIND BODY SPIRIT

ACTIVITIES STARTING 11AM

BRAIN TEASERS/GAMES

HERB SEED STARTERS

EAT THE RAINBOW, SAMPLE NUTRITIONAL RECIPES OF FRUITS AND VEGGIES.

Bring a friend all month on Tuesdays without using a guest pass (they need a picture ID) and get entry into our drawing for prizes on May 29th. Bring a friend on the 29th too.

BRANCH HOURS

Monday-Friday: 5am-9pm
Saturdays: 7am-5pm
Sundays: 7am-5pm

Ridgedale YMCA

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Monthly Activities: Gratitude Circle, Adult Coloring, BINGO, etc..