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MAKE IT A PLANKSGIVING DINNER

2017 Annual Planksgiving Challenge

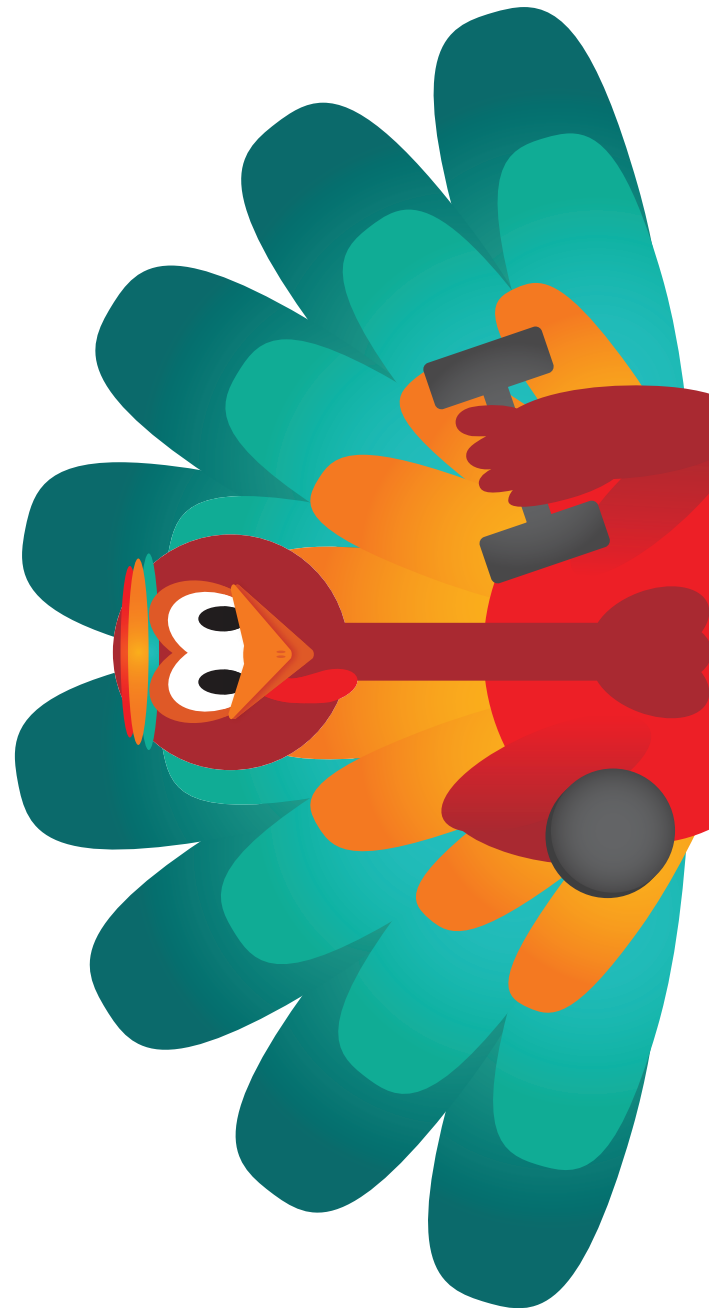
Work up an appetite and celebrate Thanksgiving with the Stuart C. Gildred Family YMCA all month long! Come in each day, take the plank challenge and spend a few minutes giving thanks to someone or something in your life.

To get started on Planksgiving, choose a workout calendar to follow and pick up a workout tracker from the Member Services Desk.

Complete the Planksgiving challenge to be entered into the drawing for a Turkey, just in time for the holidays.

HOLIDAY CANNED & DRY GOODS DRIVE

In the spirit of thankfulness, bring in canned and dry goods in November to be delivered to those in need during the holiday season.



For more information, please contact
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