



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HAVE A HOLLY JOLLY FITMAS

## #12DAYSoFITNESS

Get a jump start on your New Year's fitness resolution! Come work out at the Y for twelve days during the month of December, and **get a free #12DAYSoFITNESS t-shirt.**

To get started, just pick up your fitness tracking card at the Member Services Desk.

For more information, contact Nicki Marmelzat 805.736.3483.

### TOY DRIVE

Give to those in need, and get closer to your #12DAYSoFITNESS goal, by dropping off new, unopened toys at the Stuart C. Gildred Family YMCA during December.

**STUART C. GILDRED FAMILY YMCA**  
900 N. Refugio Road, Santa Ynez, CA 93460  
805.686.2037 • [ciymca.org/stuartgildred](http://ciymca.org/stuartgildred)

