



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# JANUARY

Calendar of Events

SOUTH BAY FAMILY YMCA | EASTLAKE FAMILY YMCA

#### OUR MISSION

The YMCA of San Diego County is dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God through the development of the spirit, mind and body.

## JAN 1 NEW YEAR'S DAY RUN – YMCA TRAIL RUNNING CLUB 8am SOUTH BAY FAMILY YMCA

Start the New Year with a 3–4 mile fun run on New Year's Day; hosted by our South Bay Family YMCA Trail Running Club. Check in with the club volunteers prior to the run on the day of the event. **FREE for Members**

## JAN 14 BODYPUMP™ LAUNCH – RELEASE 100 SOUTH BAY FAMILY YMCA & EASTLAKE YMCA

Eastlake 9:05–10:05am. Monster Room  
South Bay 9:15–10:15am. Studio 1

WE ARE 100 STRONG. Join in the world's biggest one day workout as we launch BODYPUMP™ 100 on January 14. Like thousands of YMCA's and fitness clubs across the nation, we will be taking part of this commemorative event! Will you join us and celebrate a stronger you? Spaces are limited in each class. A priority card is required for class entry. Pre-purchase your limited edition BODYPUMP™ 100 T-shirt before the event. See instructors for details. **FREE for Members**

## JAN 21 BODYCOMBAT™ LAUNCH – RELEASE 70 8–9pm EASTLAKE MONSTER ROOM

New Music. New Choreography. New Release. Join our all-star instructor line up, as we launch another high-energy martial-arts inspired workout – Release 70! Space is limited. A priority card is required for class. **FREE for Members**

## JAN 24 YAA (Y ACTIVE ADULTS) BOOK CLUB MEETING 11:30am–1pm SOUTH BAY FAMILY YMCA – MULTI-PURPOSE ROOM

Bring your own brown bag lunch or food to share. See club volunteer for book title of the month or contact Michelle Manly [mmanly@ymca.org](mailto:mmanly@ymca.org) for more information. **FREE for Members**

## JAN 25 YAA (Y ACTIVE ADULTS) NUTRITION WORKSHOP 12:15–1:15pm SOUTH BAY FAMILY YMCA – MULTI-PURPOSE ROOM

Join Michelle Rosales (Certified Nutrition Specialist & Personal Trainer) for a special workshop on how to prepare a quick, healthy dish to start a Healthy New Year! Space is limited. Pre-registration is required. See Membership Services to reserve your spot today! **FREE for Members**

## JAN 25 LES MILLS CXWORX™ LAUNCH – RELEASE 25 6–6:45pm SOUTH BAY FAMILY YMCA

Join us for another launch for CXWORX Release 25. Experience this new 30-minute workout, challenging your core, hips, glutes and lower back. Spaces are limited. A priority card is required for class entry. See Membership Services prior to class to reserve your spot. **FREE for Members**

## JAN 28 PARKS FOR A CLEAN COAST KICKOFF 9am–12pm LARSEN FIELD

Larsen Field | 4100 Camino de la Plaza, San Ysidro, CA 92173.  
I Love A Clean San Diego has now added Larsen Field to their Adopt-a-Beach program! During this kickoff event, volunteers will assist in various beautification projects throughout the area such as planting, mulching, storm drain stenciling and litter pickup. Join Let's Move! Outside San Diego in helping to clean and beautify Larsen Field! For additional information and to RSVP contact: Mikayla Gordon – AmeriCorps Team Member: [mgordon@ymca.org](mailto:mgordon@ymca.org)



### Annual Campaign Volunteers Needed

Support your community! The South Bay Family YMCA is gearing up for our Annual Campaign in February. We are seeking passionate volunteers to network and help fundraise for our Scholarship program. This campaign helps fundraise dollars to ensure that we do not turn our community members away from the Y due to an inability to pay. No experience required. For more information please contact Karla Lam at [klam@ymca.org](mailto:klam@ymca.org)

### SOUTH BAY FAMILY YMCA DAY CAMPS JANUARY 2–6 | JANUARY 9 | JANUARY 16

Our Day Camps support youth in making new friends, achieving goals, and feeling a special sense of belonging. Camps are also full of fun and adventures! Look for camp options on our website. We have traditional and specialty camp opportunities available for children ages 5–17. Prices range depending on camp selection. Scholarships and one day camps are available.

### WELLNESS ASSESSMENTS | EASTLAKE/SOUTHBAY

SOUTHBAY		EASTLAKE	
01/05/17	8–10am	01/03/17	10–11am
01/10/17	9–10am	01/11/17	10–12am
01/19/17	8–10am	01/17/17	9–11am
01/25/17	4:30–6:30pm	01/26/17	4–6pm

Our Certified Personal Trainers will provide you a quick snapshot of your overall Wellness level by determining your body mass index, body fat percentage, optimal heart rate training zones, and evaluate your current exercise habits to determine the best direction to reach your wellness goals.

### KICK START!

Do you have goals or resolutions for the new year? Do you want to refine or enhance your workout routine? Members receive THREE complimentary personal Kick Start appointments with a Wellness Coach. Get a better understanding of how to accomplish your goals, know our equipment and find an ideal fitness plan to accomplish what you want. Let us support you. Schedule your free appointment today!

### FYI ABOUT YOUR Y

1201 Paseo Magda, Chula Vista, CA 91910  
Jan 10, 6–7pm | Jan 18 & Feb 15, 12–1pm

The South Bay Family YMCA invites you to an "FYI ABOUT YOUR Y" You will learn about the impact our Y makes in the community and meet key staff who will share information about our programs & services. Bring a friend who's interested in membership and contributing to our Y Please RSVP to (619) 421-9622 | [ljampsa@ymca.org](mailto:ljampsa@ymca.org)

### FREQUENT Y'ER

Visit the Y 12 times in the month of January and enter to win one FREE month of membership! See the Welcome Center to pick up your card today.

### GOLDEN TICKET

Each month the YMCA places a secret golden ticket somewhere in the facility. Find the Golden Ticket and bring it to the Welcome Center for a special prize!