Happy Monday! We hope that you have a safe, active, and healthy week ahead.

Branch Concerning Updates, Billing, Programs, etc.

Please be aware if you unsubscribe from these emails you will no longer receive any.

**Repeat!**

- 60 Second Plank
- 30 Push Ups
- 50 High Knees
- 50 Mountain Climbers
- 50 Jumping Jacks
- 50 Burpees
- 1 Minute Wall Sit
- 40 Donkey Kicks
- 3:00pm of every donated dollar received goes to the Annual Campaign, which supports comprehensive health, wellness, and leisure programs.

As we prepare to open our doors on May 18th, we are ready to serve the needs of our members and community more than ever before.

At the Y, when we work together we are stronger, but more importantly, when we stay together our communities are stronger!

At this time. Thank you for being part of our Y family and for #StayingWithUs to 100%

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