



CELEBRATE SUMMER, CELEBRATE COMMUNITY!

Spirit Week: July 21–25

WE'RE CELEBRATING YOU FOR SPIRIT WEEK!

Join us for all the fun as we celebrate you and our community! Come dressed for theme of the day!

MONDAY: RED, WHITE AND YOU DAY

- Wear patriotic or Y colors
- Drop a note on our "Why I Love Community" board!

TUESDAY: TROPICAL TUESDAY

- Wear your leis and your favorite Hawaiian shirt or beachwear (pool-safe)!
- Join us for fruit snacks and fun!

WEDNESDAY: WACKY WORKOUT WEDNESDAY

- Let's see those mismatched socks, wild headbands or retro workout gear!
- Join our staff for a dance in the lobby!

THURSDAY: THROWBACK THURSDAY

- Dress from your favorite decade (50s, 60s, 70s, 80s, 90s).
- Post your Y photos or "Guess That Throwback" trivia on our Facebook page

FRIDAY: SUPER Y FRIDAY

- Wear your favorite Y shirt or a superhero cape!

REFER A FRIEND, GET SEPTEMBER FOR FREE!

Celebrate Spirit Week by referring a friend to join the Y between July 21 and July 27!

Current members in good standing can refer a friend to start a new Y membership, and we'll waive the new member's joining fee.

If your friend's account remains active on September 1st, YOUR September dues will be complimentary!

Thanks for helping to grow our Y community!



Are you following us on Facebook?
Look for us at Sandhills YMCA!