



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Member Appreciation Week

March 23–28

Throughout the week, there will be snacks available in the lobby, as well as coloring sheets and stickers for our younger members.

In addition to these activities there will be a raffle every day. You will be automatically entered in the raffle each day when you SCAN IN at the Member Welcome/Check-in Station.

Special opportunities **FREE** to Members:

Monday, March 23

Free Coffee in the 3rd Floor Member Lounge: **5:30 am–8:30 am**

Free Chair Massage with Maria MacIvane, Licensed Massage Therapist: **10 am–12 pm** – Main Lobby

Swim Stroke Assessment: **11:30 am–12:30 pm** – Brookside pool

Have you always wanted to get feedback from a coach on your stroke mechanics, or receive guidance on your swim practice? Our swim coaches are here to help.

Complimentary Body Composition and Measurements: **10 am–12 pm & 4 pm–6 pm** – Outside of the Fitness Center Entrance

Meet with one of our Personal Trainers for a free Body Circumference Measurement and or Body Fat Measurement. This is a great way to track your progress and commit to a healthy lifestyle.

Tuesday, March 24

Free Chair Massage with David Walker, Licensed Massage Therapist: **10 am–1 pm** – Main Lobby

Myofascial Release Self-Treatment Class with Maureen McCloskey, Physical Therapist: **2–3 pm** – Group Exercise Studio

Myofascial Release is a safe and very effective hands-on technique to release Fascial restrictions in the body to decrease pain, improve posture and function of daily activities by using specific self-treatment techniques with inflatable balls and tennis balls.

Mind-Body-Balance Class with Rob Corrado: **3:00–3:45 pm** – Group Exercise Studio

Join us for a free class focusing on the Foundations of Tai-Chi. It will feature functional exercises focused on balance and coordination.

Free Chair Massage with Sarah Palmer, Licensed Massage Therapist: **3–5 pm** – Outside Fitness Center Entrance

Complimentary Body Composition and Measurements: **5:30–7:30 pm** – Outside Fitness Center Entrance

Meet with one of our Personal Trainers for a free Body Circumference Measurement and or Body Fat Measurement. This is a great way to track your progress and commit to a healthy lifestyle.

Wednesday, March 25

Free Chair Massage with Maria MacIvane, Licensed Massage Therapist: **10 am–12 pm** – Main Lobby

Complimentary Body Composition and Measurements: **10 am–12 pm & 4–6 pm** – Outside Fitness Center Entrance

Meet with one of our Personal Trainers for a free Body Circumference Measurement and or Body Fat Measurement. This is a great way to track your progress and commit to a healthy lifestyle.

WHOLE FOODS DAY TO BENEFIT THE RYE YMCA: **9 am –5 pm** – Whole Foods – Port Chester Store

On Wednesday, March 25, Whole Foods in Port Chester is donating 5% of the day's proceeds to the Rye Y. Please consider doing your shopping at Whole Foods today, and please tell all your friends to do the same!

Thursday, March 26

Pre and Post Workout Nutrition Tips with Amanda: **9:15–9:45 am** – Outside Fitness Center Entrance

Stop by and receive helpful tips on how to improve your physique and maximize your performance through optimal pre and post-workout nutrition.

Andy's Pure Food: **11 am–1 pm** – Main Lobby

Stop by for a free sampling of delicious and nutritious juices and smoothies

Free Chair Massage with Sarah Palmer, Licensed Massage Therapist – **4 –6 pm** – Outside Fitness Center Entrance

Friday, March 27

Free Coffee in the 3rd Floor Member Lounge: **5:30–8:30 am**

Saturday, March 28

Complimentary Body Composition and Measurements: **11:30 am–12:30 pm** – Outside Fitness Center Entrance

Meet with one of our Personal Trainers for a free Body Circumference Measurement and or Body Fat Measurement. This is a great way to track your progress and commit to a healthy lifestyle.

Pre and Post Workout Nutrition Tips with Laura: **1:00–1:30 pm** – Outside Fitness Center Entrance

Stop by and receive helpful tips on how to improve your physique and maximize your performance through optimal pre and post-workout nutrition.

