



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# NEW YEAR, NEW YOU!

Try something **NEW** in January!

**Pick a new activity, do it 10 times during the month, and track it in our Wellness Center to be entered into a drawing for a FREE Personal Training Session!**



**LOCATIONS:** YMCA of Sequim and YMCA of Port Angeles

**WHAT:** Try something new with us in January!  
Track your progress and be entered into a drawing for FREE Personal Training Session!

**COST:** FREE to participate!

**CONTACT:** Tracey Durso  
[Tracey@olympicpeninsulaymca.org](mailto:Tracey@olympicpeninsulaymca.org)

**Sign up in the  
Wellness Center!**

# NEW YEAR, NEW YOU!



Try something **NEW** in January!

**Pick a new activity, do it 10 times during the month, and track it below to be entered into a drawing for a FREE Personal Training Session!**

2025 JANUARY						
SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	