

BAYVIEW HUNTERS POINT YMCA



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BAYVIEW HUNTERS POINT YMCA

1601 Lane Street San Francisco, CA

Winter 2011 Membership Newsletter

www.ymcasf.org/bayview

WINTER NEWSLETTER 2011

IN THIS ISSUE

Season's greetings!

Holiday hours

Instructor's tips

Y merchandise

Greetings from our Director Vice President

Yoga 4 kids!

ENJOY THIS ISSUE?

Feel free to share this newsletter with anyone who you think may find it useful.

HOLIDAY HOURS

DEC. 25TH, 26TH

JAN. 1ND, 2ND

The Y will be closed

QUESTIONS, COMMENTS, IDEAS?

We'd love to hear from you.

Contact Membership Front Desk

P. 415.822.7728



SEASON'S GREETINGS

Grab your warmest coats and gloves because the winter season has arrived! Last season we had a lot to be thankful for, now that winter is here we are starting our holiday shopping and getting ready to bring in the New Year. With all this hustle and bustle going on, eating right and staying fit will be a hard task to remember. So try to exercise 20 minutes a day instead of an hour. You'll be sure to get at least 20 minutes of exercise per day without feeling disappointed if you do not complete an hour.

YOGA 4 KIDS

Now your kids can enjoy and experience yoga just like you! The Bayview Y is introducing a new yoga class just for kids to keep them active and healthy.

- Supports mind and body
- Kids get to interact with other children from the community
- Kids learn how to improve their body, mind, and spirit
- PLEASE SEE A FRONT DESK ASSOCIATE FOR MORE INFO.

