

Morgan Murphy

From: YMCA of the Treasure Coast <engagesupport@daxkoengage.com>
Sent: Friday, January 5, 2024 4:10 PM
To: Morgan Murphy
Subject: Find a New Resolution this January!

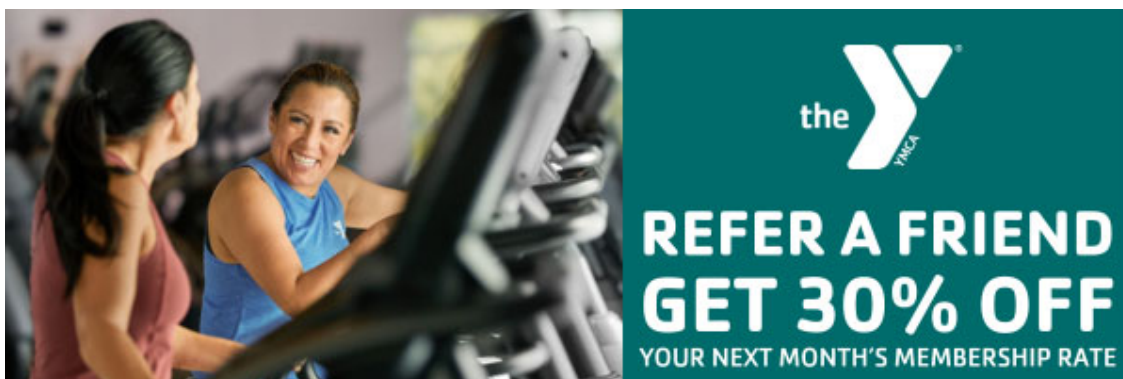


Find a New Resolution

Out with the old (habits) and in with the new (habits)

The start of the new year is a great time to look at all your current habits. Are there any bad habits you have that can be tweaked, even just a little bit, to turn them into healthy habits? We're happy to share at least four healthy habits you can begin today to make sure your 2024 is off to a great start!

4 Healthy Habits for 2024



Do you want to exercise with a friend, relative or neighbor and save money at the same time? Who doesn't?! During the month of January, if you refer a friend and they sign up for a monthly membership, they will be able to join with a \$0 join fee and **you will get 30% off your next month's membership!** Just make sure they write your name down when the application asks who referred them, and your February dues will be 30% off!

Have Your Friend Join Today!

Personal Training Specials Available Now - January 31st

Half-Hour Training Packages

Six 30-minute sessions: \$200 (reg. \$225)

Twelve 30-minute sessions: \$360 (reg \$400)

Hour Training Packages

Six 1-hour sessions: \$340 (reg. \$360)

Twelve 1-hour sessions: \$600 (reg. \$650)

Buddy Training Packages

Six 30-minute sessions: \$325 (reg. \$350)

Twelve 30-minute sessions: \$585 (reg \$625)

Six 1-hour sessions: \$530 (reg. \$550)

Twelve 1-hour sessions: \$950 (reg. \$1,000)

Special pricing valid through 1/31/24

Let us help match you with the right trainer! Stop by the Front Desk or contact our Wellness Director:

Joshua Joseph
(772) 286-4444 ext 239

jjoseph@ymcatreasurecoast.org

Register for Personal Training



RAISING FUNDS FOR THE YMCA OF THE TREASURE COAST

37th Anniversary

Easter House

Is 2024 your year to win?!



Buy 10, Get 20 FREE chances to WIN A NEW HOME this year!

Use promo code **NEWYEAR** (online only) to **Buy 10** Easter House tickets and **get 20 FREE** now thru January 20th!

As a bonus, every Easter House ticket you purchase in January will include one entry into our January \$1,250 Monthly Cash Drawing!

Buy 10 Easter House Tickets, Get 20 FREE!



Give Back Night - Chuck-E-Cheese



There has never been an easier (or more fun) way to support the Y!

Join us for pizza, music, and games on **Friday, January 19th 3pm - 9pm** at Chuck E. Cheese's, 2400 NW Federal Hwy, Stuart, FL 34994!

Please mention the YMCA when you order and a portion of your order will be donated to us!

Download Coupon Flyer

RSVP & Share on Facebook

Don't forget to download the flyer which has coupons and invite your friends! See you there!

Lunch & Learn - January 22nd



The team at CarePatrol will be joining us on **Monday, January 22nd at 11:30am** in the Wicinia Center (Stuart branch) to discuss local options for Assisted Living, Independent Living, In-Home Care, Memory Care and Nursing Homes.



[Click Here to Register](#)



SPOTLIGHT

New Childcare Services Director



Please welcome our new Childcare Services Director, Tasani Claxton!

Tasani is a proud graduate from Florida International University with a Bachelor's Degree in Early Childhood Education and 10 years of experience working in the Early Childhood Education field. Over the years, she has worked with ages from infant to second grade and was a part of the administrative staff at a preschool for 2 years.

She loves teaching and nurturing young children. "Seeing the impact I can make in a child's life is so rewarding", she says.

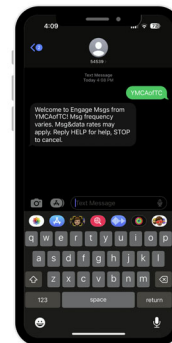
We look forward to the difference she will make here at the Y!

[Join Our Team](#)

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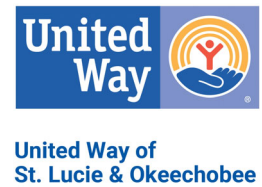


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