



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



NEW YEAR. NEW YOU.

NEWS FROM THE SONOMA COUNTY FAMILY Y

3RD ANNUAL BIKE-A-THON



February 4, 2012
8:00a-12:00p

Sonoma County Family Y

Proceeds benefit the Y's
Financial Assistance Fund.

Bike-A-Thon Flyer

NEW CLASSES!

Power Yoga

Begins January 2nd
Mondays, 9:00a

PiYo

Begins January 7th
Every 1st & 3rd Saturday
8:45a

R.I.P.P.E.D

Begins January 12th
Thursdays, 4:30p

Questions? Email Becky!



TOOLS FOR CHANGE

You are the 50% of people who will stick with an exercise program this year! Here are 5 tips that will make you even more successful.

1. **Commit**-Make exercise an appointment that can't be changed. No one else knows that your 12:30pm appointment is Yoga class or a treadmill run. You are important enough to keep your appointment with yourself.
2. **Set a goal**-And write it down! Set a long term goal and a short term goal, "I will take one group exercise class a week" or "I will run a 5k in May."
3. **Log your workouts**-Write down what you do and when you do it. We have a FREE program for members called MOBILEFIT that can make tracking your progress more successful.
4. **Be flexible**-With yourself. If you wanted to workout M/W/F, and you only made it to Monday, don't predict that you have failed, workout on Saturday, or the following Monday. If you wanted to do 30 minutes on the Arc Trainer, but could only fit in 15 minutes, then do 15 minutes.
5. **Have fun!**-You won't do it if it's not fun. You don't know if you like until you have tried. Try different things and decide what works best for you. Everyone else may love Yoga, but Zumba is fun for you-so do Zumba!



A CHANGE IS IN THE WATER!

The Aquatics Department is pleased to announce the unveiling of our new swim lesson program! We are expanding our program content to include Five Components which cover the following; Personal Safety, Personal Growth, Stroke Development, Water Sports and Games, and Rescue. The Y swim lesson program promotes an enjoyment of learning and the philosophy that "success breeds success." Children will be encouraged to succeed and will be able to build self-confidence because their instruction will be delivered in student-centered, caring atmosphere with well-trained instructors who are able to give personal attention to the need of each child. Lessons are developmentally appropriate and designed to quickly and effectively teach skills. And finally, as always, safety is our first priority!

WEEKEND Y WALKS

January 21, 2012, Begins at 10am

Start near Carrillo Adobe in Montgomery Village and walk along another stretch of Santa Rosa Creek. Walk is flat, over 3 miles. Meet at Montgomery Drive near Hartley Drive (near adobe)

Y WALKING CLUB

Tuesday/Thursday, 12:00 noon - Leave from the Y and walk the surrounding neighborhoods

"No matter how slow you go, you are still lapping everyone on the couch"-Anonymous

Share The Y

Passionate about the Y? Share your enthusiasm with a friend!
This guest pass is good for 1 free visit to
the Sonoma County Family Y.

Stop by the Welcome Center and introduce your guest;
we will have a few forms to sign and will need to see a photo I.D.

Offer Expires: January 31, 2012