



DECEMBER NEWSLETTER

YMCA OF THE CHIPPEWA VALLEY

As the season shifts and the holiday spirit fills the air, exciting opportunities are waiting for you at your YMCA this December! Dive into energizing fitness classes, enjoy festive family activities, and join in on community events that will keep you active and connected. Let's make wellness a fun priority together this month—come join the celebration!

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NEW YEAR'S EVE EVENT

YMCA SPORTS CENTER

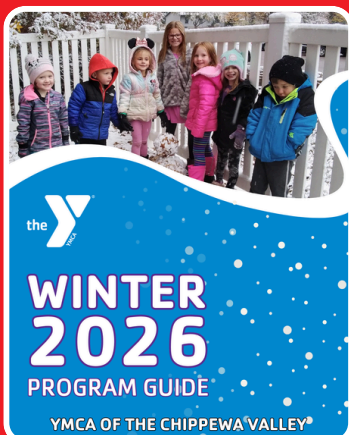


Mark your calendars for Friday, January 2 from 5:00–8:00 PM. We will have an extra special, fun-filled family night to help welcome in the New Year. Limo rides, inflatables, and a HUGE balloon drop with 1,500 balloons! We'd love to have you join us!

\$5/person; 2 and under are FREE



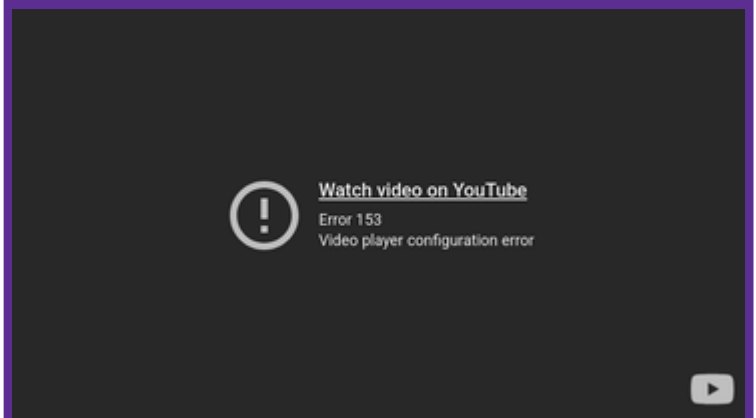
WINTER 2026 PROGRAM BROCHURE IS AVAILABLE!



Click on the cover photo to learn more and register.

MISSION STORY

No Place Like This Place
[Click the video below to learn more!](#)





START STRONG, STAY STRONG

PERSONAL TRAINING SALE!
YMCA OF THE CHIPPEWA VALLEY

**SALE!
SALE!
SALE!**

10% off Personal Training Packages November 28-January 31. New & existing members can purchase UNLIMITED packages for 10% off but sessions expire 6 months after purchase date. Must be paid in full at time of purchase. Excludes the Ignite Package.

SELECT PACKAGES:
30 & 60 Minute Private, Partner, & Small Group!

****EXCLUDES IGNITE PACKAGE**

Expires 6 months from purchase date.
Packages can only be purchased in-house. Can be gifted at time of purchase but not transferred from member to member.
Not refundable.



Celebrating Visits From Our State Leaders!

We're grateful to have welcomed several state representatives across our YMCA locations this year. Their visits gave us a wonderful opportunity to showcase the programs, staff, and community members that make our Y's so special.

📸 Here are four moments we're proud to share:

- ✓ State Rep. Rob Summerfield visited the Chippewa Falls YMCA in November 2025
- ✓ State Senator Romaine Quinn toured YMCA Camp Manitou in New Auburn in September 2025
- ✓ State Assembly Majority Leader Tyler August and State Rep. Clint Moses stopped by the Menomonie YMCA in August 2025
- ✓ Governor Tony Evers, State Rep. Jodi Emerson, and Secretary Pertl visited the Downtown Eau Claire YMCA in July 2025

We appreciate their interest in seeing our Y's in action and learning more about the impact we're making in youth development, healthy living, and social responsibility across the Chippewa Valley.

Thank you for supporting the work we do every day!



YMCA National Pickleball Tournament — Naples, FL Recap!

A few weekends ago, a few of our YMCA of the Chippewa Valley Pickleballers headed to Naples, Florida for the YMCA National Pickleball Tournament—and what an unforgettable experience it was!

With more than 620 players competing in mixed and gender doubles, dozens of YMCA volunteers from across the country, and a crowd of enthusiastic spectators, the energy was nonstop. The event took place at the iconic Pickleball U.S. Open venue, featuring 70+ courts—a dream setting for any pickleball fan!

The tournament was incredibly well organized and professionally run. Huge kudos to the Y National Committee, who clearly put in months of work to secure sponsors, coordinate vendors, and create a fun-packed weekend for everyone. From games and prizes to great food and awesome giveaways (pickleball shoes, paddles, backpacks, balls, towels—you name it!), they went above and beyond.

We also have to shout out all the YMCA staff and volunteers who made every player feel welcome. Their positivity and hard work made this tournament truly special.

And—our YMCA of the Chippewa Valley YMCA T-shirts and banner were a hit! We received tons of compliments. Thank you to everyone who helped us stand out in style!

Our group played strong against some fierce competition. No medals this time—but we're already looking forward to next year and hope to bring an even bigger team from the Chippewa Valley!

CHIPPEWA FALLS YMCA



There are so many fun things to do at the Y this holiday season!

15 Days to Sleigh Holiday Fitness Challenge

- Kick off the holidays with a fun accountability challenge!

FREE Holiday Bingo

- Join us in the Community Room on
 - December 9 at 11:30 AM
 - December 16 at 11:30 AM
- Prizes, laughs, and festive fun included!
- Flyer linked below!

Create Your Own Holiday Mosaic

- Monday, December 9 at 5:30 PM in the Community Room.
- A creative and relaxing way to celebrate the season!
- Flyer linked below!

Pop-Up Christmas Cycling with Tim T

- Saturday, December 20 at 7:00 AM
- A festive, high-energy ride you won't want to miss!
- Flyer linked below!

Holiday Hours & Class Schedules

- We will be running modified facility hours and group exercise schedules throughout the holidays.
- Flyer linked below!

Please check our website for up-to-date changes.

FALL/WINTER HOURS

MONDAY-THURSDAY:
5:00 AM-9:00 PM

FRIDAY:
5:00 AM-7:00 PM

SATURDAY & SUNDAY:
6:00 AM-4:00 PM

December Group Exercise Schedule



[CLICK HERE!](#)

Join our Health & Wellness Facebook Group!



[CLICK HERE!](#)

Kara Goossens
Executive Director
Chippewa Falls YMCA

LET'S PLAY BINGO!

BINGO
CHIPPEWA FALLS YMCA

Join us for BINGO at the Chippewa Falls YMCA! Bring your friends, family, and your lucky charm for some free fun.

- Where: Chippewa Falls YMCA - Community Room
- Dates: Dec 9, Dec 16, Dec 30, Jan 13, Jan 27, Feb 10 & Feb 24
- Time: 11:30 AM - 1 PM
- Cost: Free for YMCA Members and their guests. Just show up!

PRIZES | BINGO | FUN

WWW.YMCA-CV.ORG/ENRICHMENT

UNLEASH YOUR CREATIVITY!

HOLIDAY MOSAIC ART NIGHT
CHIPPEWA FALLS YMCA

Join us for a festive evening of creativity and holiday spirit!

Local artist Julie Schaller will guide you step-by-step in creating your own colorful mosaic-inspired Christmas and winter decorations—perfect for gifting or adding a handmade touch to your holiday decor.

When: Tuesday, December 9, 5:30-7:30 PM
Where: Community Room - Chippewa Falls YMCA
Cost (per person): Member: \$30 | Non-Member: \$40
Ages 7-11 must be accompanied by an adult.
Registration is REQUIRED. Scan the QR code or visit our website to register today.
Minimum of 5 people need to hold the class.

YMCA-CV.ORG/ENRICHMENT

JINGLE ALL THE WAY ON TWO WHEELS

INDOOR CYCLING CLASS
CHIPPEWA FALLS YMCA

Pedal your way into the holiday spirit with our festive Indoor Cycling Class led by instructor Tim T! Ho, ho, ho your way through an energizing ride and come dressed to impress in your best Christmas attire — elves and reindeer are more than welcome!

When: Saturday, December 20, 2025
Time: 7:00-7:45 AM
Where: Chippewa Falls YMCA - Group Exercise Studio

COST:

- Members - FREE (bikes are limited)
- Non-Members - Can join by purchasing a day pass or using a buddy pass.

To discover more or check out our group exercise schedule, please visit our website or scan the QR code!

YMCA-CV.ORG/GROUPEX

SWEAT & SLEIGH

HOLIDAY & GROUP EX SCHEDULES
CHIPPEWA FALLS YMCA

CHRISTMAS EVE WEDNESDAY, DEC 24: 5 AM - 1 PM		
5:30-6:15 AM	Cycling with Brady	Group Ex Studio
6:15-7:00 AM	Early Bird Fitness with Kimberly	Group Ex Studio
7:00-8:15 AM	Chair Yoga with Carolyn	Yoga Room
8:00-8:45 AM	Deep Water with Shauna	Pool
8:30-9:15 AM	Zumba with Tara	Group Ex Studio
9:00-9:45 AM	Shallow Water with Shauna	Pool
9:30-10:30 AM	Yoga with Karen	Yoga Room
12:10-12:50 PM	Strength with Whitney	Group Ex Studio

CLOSED: CHRISTMAS, THURSDAY, DEC 25: CLOSED

DAY AFTER CHRISTMAS FRIDAY, DEC 26: 5 AM - 7 PM		
5:30-6:15 AM	Cycling with Brady	Group Ex Studio
6:15-7:00 AM	Early Bird Fitness with Kimberly	Group Ex Studio
7:00-8:15 AM	Chair Yoga with Carolyn	Yoga Room
8:00-8:45 AM	Deep Water with Shauna	Pool
8:30-9:15 AM	Zumba with Tara	Group Ex Studio
9:00-9:45 AM	Shallow Water with Shauna	Pool
9:30-10:30 AM	Yoga with Karen	Yoga Room
12:10-12:50 PM	Strength with Whitney	Group Ex Studio

NEW YEARS EVE | WEDNESDAY, DEC 31: 5 AM - 6 PM

NEW YEARS EVE WEDNESDAY, DEC 31: 5 AM - 6 PM		
5:30-6:15 AM	Cycling with Brady	Group Ex Studio
6:15-7:00 AM	Early Bird Fitness with Kimberly	Group Ex Studio
7:00-8:15 AM	Chair Yoga with Carolyn	Yoga Room
8:00-8:45 AM	Deep Water with Shauna	Pool
8:30-9:15 AM	Zumba with Tara	Group Ex Studio
9:00-9:45 AM	Shallow Water with Shauna	Pool
9:30-10:30 AM	Yoga with Karen	Yoga Room
12:10-12:50 PM	Strength with Whitney	Group Ex Studio

NEW YEARS DAY | THURSDAY, JANUARY 1: 11 AM - 7 PM

NEW YEARS DAY THURSDAY, JANUARY 1: 11 AM - 7 PM		
12:00-1:00 PM	Body Balance with Lynda	Yoga Room
1:00-1:45 PM	Aquafit with Shauna	Pool
4:30-5:15 PM	Strength & Stability with Renee	Group Ex Studio
5:30-6:30 PM	Yoga with Denise	Yoga Studio

NO CHILD WATCH 12/24

CHILD WATCH 8 AM - 1 PM 12/26

CHILD WATCH 8:30-10:45 AM 12/31

NO CHILD WATCH 1/1

EAU CLAIRE DOWNTOWN YMCA



The Downtown Y has been bustling with activity! It's wonderful to see our gyms and pool filled with people during the evenings and on weekends.

Upcoming Youth Basketball Season

- With December just around the corner, youth basketball is on the horizon—practices began on November 30, with games starting in January.
- Be sure to consult the gym schedules, as the next few months will be packed with both practices and games.

Holiday Weeks (December 22 – January 2)

- During the holiday season, our pool and gym schedules will look a bit different! Please check the updated schedules in advance. Thank you!

Winter Safety Reminders

- As we enter the winter season, please exercise caution regarding slippery conditions in our parking lots and on sidewalks.
- Additionally, we kindly ask that you change into a clean, dry pair of shoes upon entering our gyms or workout areas. This helps us maintain clean and safe floors and equipment, ensuring they operate at their best.

Thank you!

FALL/WINTER HOURS

MONDAY-FRIDAY:
5:00 AM-9:00 PM

SATURDAY:
6:00 AM-6:00 PM

SUNDAY:
11:00 AM-7:00 PM

December Group Exercise Schedule



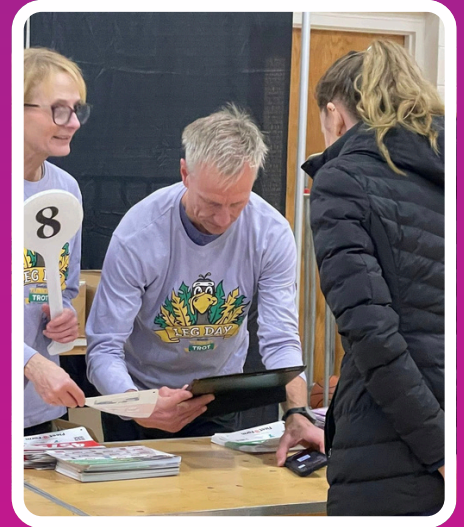
[CLICK HERE!](#)

Join our Health & Wellness Facebook Group!



[CLICK HERE!](#)

Craig Monson
Executive Director
Eau Claire Downtown YMCA



EAU CLAIRE SOUTH YMCA



HOURS

MONDAY-FRIDAY:
5:00 AM-9:00 PM

SATURDAY-SUNDAY:
7:00 AM-7:00 PM

Happy December Everyone! Our EGYM interest is ramping up and it is taking a few weeks to get to new people. We ask for patience and understanding while we work through the orientation requests. We promise, the little bit of wait is totally worth it!

You can expect to see some new faces at the front desk as we hire extra help during this extra busy season!

Leadership changes:

- Kristin Anderl moved to oversee membership quality and initiatives as the Business Development Specialist.
- Haili Carlson will now oversee Healthy Living and Membership as the Member Engagement Director
- Chloe Baltuff stepping into the role of Membership Coordinator
- Kasidy Huffman has been promoted to Facilities Director. He has for the Y since January 2024 and working in the building even longer., We are excited to have him oversee the maintenance and cleanliness of the South Y.
- NEW FACE ALERT: Jalen Thomas, School-Age Childcare Director, now calling the South Y his home, say hi if you see him!

December Group Exercise Schedule



[CLICK HERE!](#)

Randi Schrader
Executive Director
Eau Claire South YMCA



Kristin Anderl



Kasidy Huffman



Haili Carlson



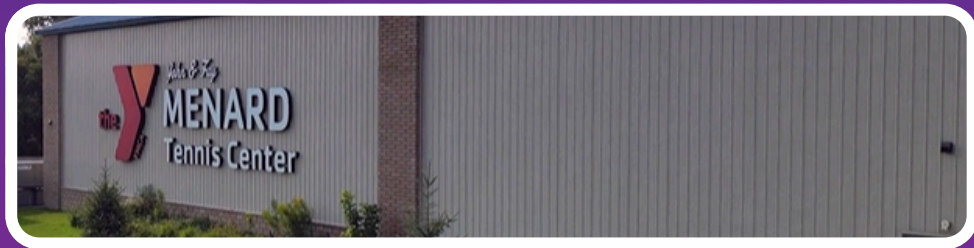
Chloe Baltuff



Jalen Thomas



JOHN & FAY MENARD YMCA TENNIS CENTER



HOURS

MONDAY-FRIDAY
8:00 AM-10:00 PM

SATURDAY
8:00 AM-8:00 PM

SUNDAY
10:00 AM-8:00 PM

TENNIS TIP OF THE MONTH:

FOOTWORK AD BALANCE

A great tennis tip this month is to focus on footwork and balance by using the "bounce-hit" rhythm for groundstrokes, ensuring your body weight transfers forward as you hit.

- Use the "bounce-hit" rhythm: As the ball bounces, mentally say "bounce", and as your racquet makes contact, say "hit". This helps create consistent tempo.
- Transfer your weight forward: As you swing, shift your body weight from your back foot to front to add power and control.
- Follow through: After hitting the ball, continue your swing motion and then recover to a balanced position for the next shot.

DAY TIME LADIES LEAGUES (JANUARY 7-MAY 27)

No league play the week of March 29th

3.0-4.0 (Intermediate) - Wednesdays 12:30-2:00 PM

4.0+ (advanced) - Tuesdays 12:30-2:00 PM

Cost: \$40.00 set up fee + court time.

(Endless rally/unlimited tennis covers your court time)

UPCOMING EVENTS

December 6	Serving a Purpose JTT Tournament
December 12	Caring at Christmas Mixer 6:30-9:00 PM
December 19-21	Western Wisconsin L4
December 24	Christmas Eve Cardio 9:00-10:30 AM
January 31	New Year's Eve Cardio 9:00-10:30 AM

MIXED DOUBLES LEAGUES (JANUARY 7-MAY 27)

No league play the week of March 29

Open Mixed Doubles League - Tuesdays, 8:00-9:30 PM

Cost: \$40.00 set up fee + court time.

(Endless rally/unlimited tennis covers your court time)

CARING AT CHRISTMAS MIXER

We are asking for a min donation of \$35.00 with all proceeds being used to help families in need this Christmas. This is a potluck so we are asking that everyone bring a dish to pass. This will be set up as a mixer event with partners being randomly paired and switched as frequently as possible. Space is limited to the first 40 people that sign up.



[REGISTER FOR
ADULT TENNIS](#)

[REGISTER FOR
YOUTH TENNIS](#)

FREE COURT TIME FRIDAYS

The John & Fay Menard YMCA Tennis Center will be offering free court time to all members on Friday, December 11 & 26 from 7:00-10:00 PM.

Members are able to bring a guest at no charge. You can call 6 days in advance to schedule your court time. Please call to make a reservation as courts do fill up quickly.

ADULT AND JUNIOR LADDER LEAGUE

WHEN:

- December 7 & 14

TIME: 3:30-6:00 PM

COST: \$15 entry fee (court time fees may apply).

No membership required. Call or visit our website for more details.

Matt Boughton
Executive Director
John & Fay Menard YMCA
Tennis Center



L.E. PHILLIPS YMCA SPORTS CENTER



FALL/WINTER HOURS

MONDAY-FRIDAY
9:00 AM-9:00 PM

SATURDAY & SUNDAY
9:00 AM-7:00 PM

Happy Holidays! Check out what the YMCA Sports Center has coming up!

New Year's Family Event

- Mark your calendars for Friday, January 2 from 5:00-8:00 PM. We will have an extra special, fun-filled family night to help welcome in the New Year. Limo rides, inflatables, and a HUGE balloon drop with 1,500 balloons! We'd love to have you join us!
- \$5/person; 2 and under are FREE

Bonnie Nicolai
Executive Director
YMCA Sports Center

Family Fun – free with a YMCA Family Membership

- Too cold to play outside? Join us at the YMCA Sports Center for some fun! Children and adults enjoy open play with sports equipment, toys, and inflatables.
 - Family Fun Zone (age 0-5 with adult)– Tuesdays, Thursdays, and Fridays from 9:00-11:30 AM
 - Family Night (all ages)– Friday Nights from 5:00-9:00 PM for all ages. Youth must be accompanied by an adult!

Open Turf

- Open Play is offered when there is a break from programming. Call the YMCA Sports Center for Open Play times which are FREE for YMCA Members.

Open Sport Court/Open Pickleball

- Pickleball is offered daily with several options for open play. Please check the [online schedule](#) for open play times.

Open Gymnastics!

- Toddler/Pre-School Open Gymnastics
 - Join us for fun and free play during Fun Zone hours! Adult supervision is required.
 - Who: Children ages 5 & under (with an adult)
 - When: Fridays, December 5 & 12 | 9:30-11:30 AM
 - Member Fee: Free
 - Non-Member Fee: Included in \$6 Fun Zone admission
- School-Age Open Gymnastics – Registration Required
 - Drop your school-age child off for supervised open gymnastics at the YMCA Sports Center. Pre-registration is required. Limited to 30 participants per session.
 - When:
 - December 6
 - Member Registration: Opens Sunday, Nov. 30
 - Non-Member Registration: Opens Tuesday, Dec. 2
 - December 13
 - Member Registration: Opens Sunday, Dec. 7
 - Non-Member Registration: Opens Tuesday, Dec. 9
 - December 20
 - Member Registration: Opens Sunday, Dec. 14
 - Non-Member Registration: Opens Tuesday, Dec. 16
 - Member Fee: \$5
 - Non-Member Fee: \$10



Turkey Bowl 3v3 Soccer Tournament

- Thank you to everyone who came out for our 21st Turkey Bowl Thanksgiving Soccer Tournament!
- 32 Teams showed off their skills with the following groups crowned Turkey Bowl Champions.

MENOMONIE EAST & SOUTH YMCA'S



Exciting Developments at Our Facility!

Child Watch Renovation

- In the upcoming weeks, our Child Watch room will receive a vibrant makeover. We are dedicated to providing a safe, enjoyable, and inviting environment for your little ones while you focus on your workout. Stay tuned for more updates!

Group Exercise Classes Are in Full Swing

- Join the excitement! We offer a variety of classes to suit everyone's interests:
 - Spin
 - Strength Training
 - Cardio Dance
 - Yoga & Pilates
 - ...and much more! Check out the schedule and discover your favorite class today.

Personal Training Special

- Now is the ideal moment to prioritize your health! Take advantage of our exclusive personal training packages that are designed to help you achieve your goals more efficiently. Purchase a package in-house through January 31, 2026 and get 10% off! Some restrictions apply.

15 Days of Sleigh

- Celebrate the season with us! Our "15 Days of Sleigh" event has kicked off and will continue until December 15th.

A Glimpse into Menomonie's YMCA History!

We came across this incredible photo of a YMCA Reading Room that once existed right here in Menomonie—in the very same building where Mike's Art & Design operates today at the corner of Main St. and Broadway St.

This snapshot dates back to the late 1800s, offering an amazing peek into the early days of the YMCA's presence in our community. We also found a newspaper article from 1887 that mentions this Reading Room, confirming just how long the Y has been a part of Menomonie's story.

It's inspiring to see how our mission of learning, connection, and community has been woven into local history for well over a century.



HOURS MENOMONIE EAST

MONDAY-SUNDAY:
4:30 AM-10:00 PM

KEY FOB IS REQUIRED

HOURS MENOMONIE SOUTH

MONDAY-SUNDAY:
24/7

KEY FOB IS REQUIRED

December Group Exercise Schedule



CLICK HERE!

John Englund
Executive Director
Menomonie East
& South YMCA's

72 HOURS OF IMPACT

💙 Our 72 Hours of Impact Campaign Has Officially Wrapped — and WOW, Chippewa Valley! 💙

We are thrilled to share the final results of this year's 72 Hours of Impact campaign... thanks to you, we reached an incredible total of \$25,192! Your generosity lifted us well beyond our \$20,000 goal, and we could not be more grateful. 🙌💛

Each gift made to this campaign reflects the heart of our community. Your support empowers the YMCA of the Chippewa Valley to continue offering:

- ✦ Meaningful financial assistance for individuals and families
- ✦ Youth programs that inspire growth and confidence
- ✦ Opportunities for health, wellness, and connection
- ✦ Chronic disease prevention and support programs
- ✦ Outreach that strengthens and uplifts our neighbors

Every dollar raised directly fuels the YMCA Annual Campaign, helping ensure that everyone has the opportunity to belong, grow, and thrive at the Y.

If you didn't get a chance to give—or would like to support the Y anytime—you can do so here: 🖱️ www.ymca-cv.org/give

From our entire Y family to yours: thank you for showing up, standing together, and making an impact that will be felt across the Chippewa Valley. 💙🏡💛





CULTURES IN MOTION RECAP EAU CLAIRE DOWNTOWN YMCA

Huge THANK YOU to everyone who came out—and everyone who helped bring Cultures in Motion to life this weekend!

Special thanks to:

- Eau Claire City-County Health Department
- Healthy Eau Claire
- Chinese-American Friendship & Scholarship Association
- Eau Claire Area Hmong Mutual Assistance Association & Siab Zoo
- Eau Claire International Folk Dancers
- S.Z. Putnam

We had an incredible time celebrating community, connection, and culture together!



FESTIVAL FOODS TURKEY TROT – EAU CLAIRE RECAP

Thank you to our 3,850 Festival Foods Turkey Trotters who made our Thanksgiving morning so much fun!! And a big thank you to all of our wonderful volunteers – we couldn't have done it without you!!



Finally, thank you to Festival Foods for your great support of the YMCA!! We love being your partner for this event!



OUR FAVORITE MEMBER FEEDBACK

Here are some comments from happy Members! We hope your experience is always positive at the Y!

- The Y has a great variety of classes to choose from and to fit various levels of abilities. The class instructors are all wonderful people.
- It is great. I love to walk on the track every morning. The location has great swimming programs for children. They learn so much. It boosts their confidence. I want to thank the Chippewa Falls YMCA for being the best in Chippewa Valley.
- The equipment is new and easy to use. The place is kept clean. I go there 4 to 5 days a week to workout.
- We have four children 7 years of age and younger (7, 5, 3, 4 months). They love coming to the Child Watch at the Eau Claire Downtown YMCA! The workers here are welcoming and friendly, always so intentional with our kiddos, and the familiar faces really make our kids feel like they are coming to visit friends. At our previous gym before we moved to Wisconsin earlier this year, we were lucky if the kids would let us workout for a full hour. Now when we visit the Eau Claire Downtown YMCA, they demand at least 90 minutes if not the full 2 hours! We also enjoy and appreciate the relaxed, approachable feel of the entire gym. There are a bunch of workout areas, which means there is always room, including a pool, all kinds of equipment, a track, and free weights. We very grateful for this YMCA and the team here!

JOIN OUR TEAM!

AQUATICS

- Swim Instructor | Eau Claire Downtown YMCA, Eau Claire South YMCA, | Part-time
- Daytime Lifeguard | Chippewa Falls YMCA | Part-time
- Lifeguard | Eau Claire Downtown YMCA (Early Morning Lifeguards Needed!), Eau Claire South YMCA | Part-time
 - Interested in lifeguarding but need to be trained? Click here to see upcoming lifeguard training courses!

CHILD CARE, CAMPS, & YOUTH WORK

- School Age Childcare Teacher | YMCA Sports Center, Eau Claire Downtown YMCA, Chippewa Falls YMCA, Menomonie, Elk Mound | Part-time
- Teacher | Days Gone By Early Learning Community | Full-time
- Assistant Teacher | Early Learning Community | Chippewa Falls YMCA | Part-time
- Preschool Lead Teacher | Days Gone By Early Learning Community | Eau Claire South YMCA | Full-time
- Toddler Lead Teacher | Days Gone By Early Learning Community | Eau Claire South YMCA | Full-time

HEALTHY LIVING

- Group Exercise Instructors | Menomonie East YMCA | Part-time
- Personal Trainers | Menomonie East & South YMCA's | Part-time

MAINTENANCE

- Custodian | Eau Claire South YMCA | Part-time

SPORTS

- Adult Flag Football Referee | YMCA Sports Center | Part-time
- Sport Tykes Instructor | YMCA Sports Center | Part-time
- Gymnastics Team Coach | YMCA Sports Center | Part-time
- Preschool & Progressive Gymnastics Instructor | YMCA Sports Center | Part-time

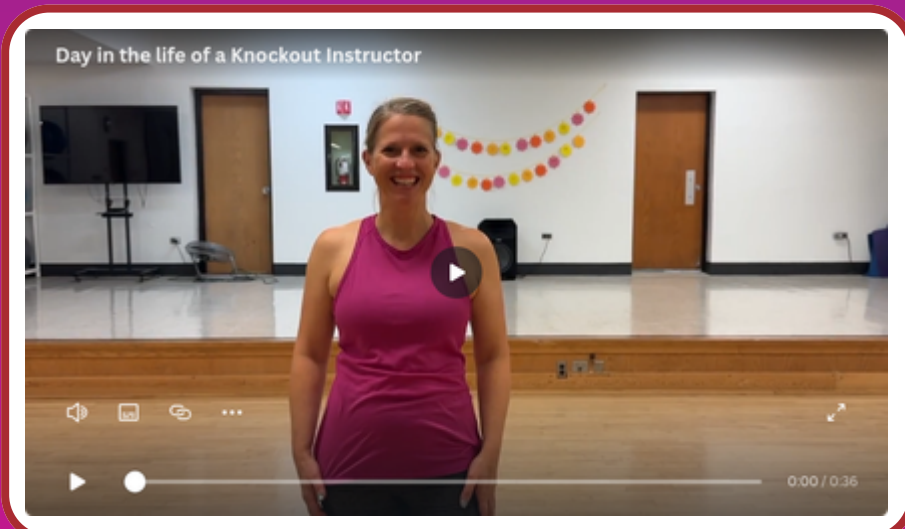
VOLUNTEER OPPORTUNITIES

- Agnes' Table Food Pantry | Chippewa Falls YMCA

NATIONAL YMCA OPPORTUNITIES



SCAN OR CLICK THE QR
CODE OR VISIT:
YMCA-CV.ORG/CAREERS



Click the image to watch,
A Day in the Life of a Yoga
Instructor at the YMCA!

