

The YWCA of Winston-Salem/Forsyth County

cordially invites you
to the

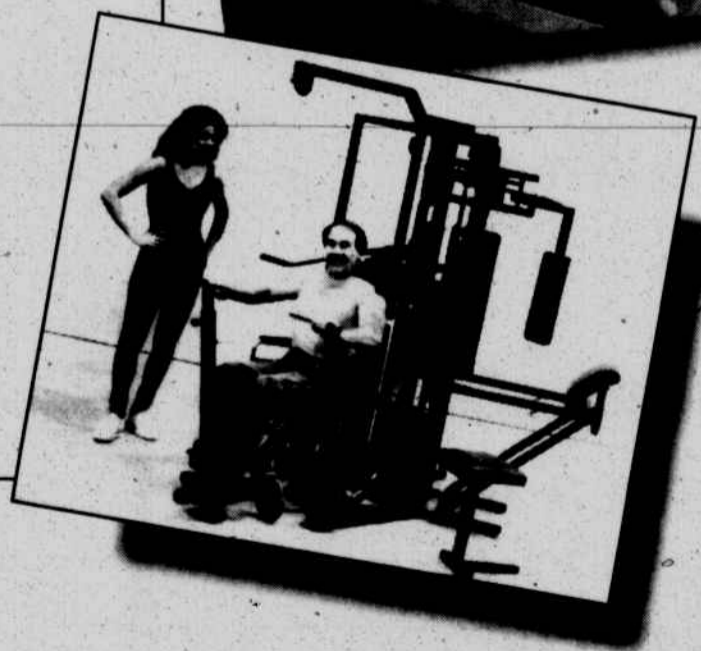
GRAND OPENING OF OUR NEW FITNESS CENTER

3 - 5 pm, Sunday, January 5th
1201 Glade Street

Our fitness center features brand new, state-of-the-art nautilus equipment.

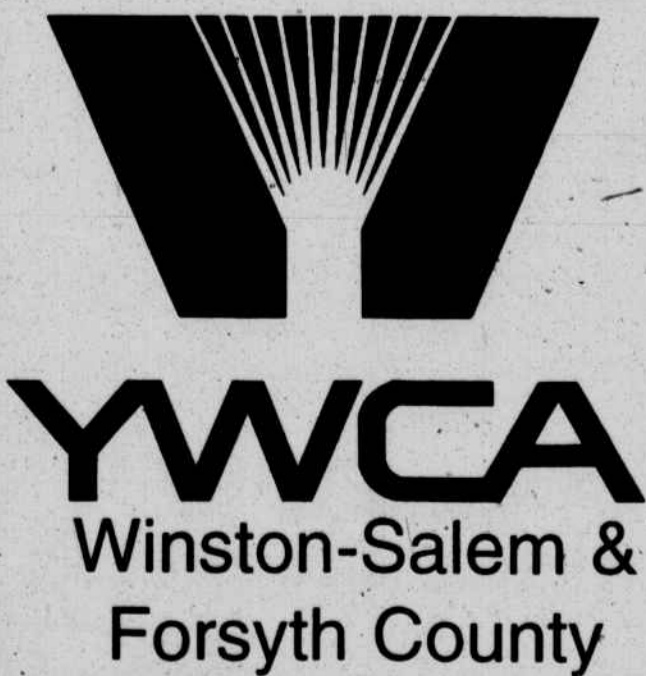
For those with limited motion, we have the Equalizer 1000 Weight Machine and we proudly announce the opening of the new **CHRISSY GALLAHER WARM WATER POOL**, the perfect place for gentle, soothing exercise.

Come take a Sunday stroll with us to see our newly renovated facilities. Whether you're training for a marathon, or taking your first fitness steps, the YWCA is a friendly, casual place for people of all abilities. And now, we're better than ever!



DID YOU KNOW:

- 1** That the YWCA has one of the top-rated aquatics programs in the state?
- 2** That the YWCA has personal trainers who'd just love to help you keep your new year's resolutions?
- 3** That the YWCA has convenient nursery hours for your preschooler?
- 4** That the YWCA serves all people, men and women, able-bodied and physically-challenged, young and old?
- 5** That the YWCA is the oldest women's organization in the world, and the local YW has consistently served this community since 1908?



If you're looking for a comfortable, co-ed, no-pressure place to work out, come join the YWCA family.

Begin the new year right, at the NEW YWCA, Bright at the same location we've always been.

Come see what we're all about.

GET A FREE WEEK'S PASS FOR TAKING A TOUR.

20% discount for all new members joining in January

For more information, call 722-5138