



What's Happening at the Braundera Family YMCA!

Upcoming Events*

Monday, February 8:

Senior Soup & Social @ 12pm

Please Sign up @ Member Service Desk or see Susie for more Info.

Thursday, February 11:

YPartners Kick Off

5:30 - 7:30 @ D.R. Semmes YMCA

RSVP @ Member Service Desk

Friday, February 12:

Zumba. Black Light Party

6:00pm – 8:30pm

\$10 donation for Ypartners.

Saturday, February 13:

Valentine's Kids Night Out

6:00pm – 10:00 pm

Sunday, February 14:

Happy Valentines Day

Wednesday, February 17:

We Love Our Members Day

Braundera Family YMCA

9606 Bandera Road

San Antonio, TX 78250

210-520-9700

www.ymcasatx.org/braundera

Proud Partner

METHODIST HEALTHCARE

"Serving Humanity to Honor God"

www.SAHealth.com

Love Your Health

February Personal Training Special

When you Purchase a six pack of Personal Training
You will receive **One Free** additional session.

Or buy a twelve pack of Personal Training
And receive **Two Free** additional sessions.

Zumba® Black Light Party

Join us on Friday, January 12, from 6:00- 8:30pm

6:00-7:30 Zumba; 7:30- 8:30 Food & Fellowship

Wear white, and bring a dish to share while you ZUMBA®!!

A \$10.00 Donation is requested, with all proceeds going to YPartners.

Please be sure to register @ the Member Service Desk.

Les Mills BODYCOMBAT™ Re-Launch

Join us on Saturday February 27 for the

Re-launch of BODYCOMBAT!!

Classes will be held at

9:30am and 11:00am

Please register in advance at the Member Service Desk.

February Frequent Y'er

Workout for 12 times this month and your name will be put in a drawing to win a
3-Pack of Personal Training sessions for you and a friend.

Frequent Y'er cards are at the Member Service Desk.

February Events

Valentine's Kids Night Out Saturday, February 13, 6:00- 10:00pm

This event will be available for children ages 6 weeks to twelve years old.

Please be sure to register at the Member Service Desk by February 10th

The first child will be \$15.00; each additional child will be \$10.00.

We Love Our Members Day Wednesday, February 17

Snacks will be provided in the Lobby all Day.

Stop by and let us show our appreciation.

Financial Assistance is available through our Open Doors Scholarship Program.

YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.

Facility Hours of Operation:

Monday-Friday: 5:15am-9pm

Saturday: 7am-6pm

Sunday: 1pm-5pm

Childwatch Hours:

Monday-Friday: 8am-1pm & 4-8pm

Saturday: 8am-1pm

Sunday: 1:30-4:30pm

Kidz Club Hours:

Monday-Friday: 4:00-8:00pm

Saturday: 8:00am-1:00pm

Sunday: 1:30-4:30pm

Contact Us!

Executive Director:

Doug Desbien

doug@ymcasatx.org

Associate Executive Director:

Kristine Gusman

kristineg@ymcasatx.org

Wellness Coordinator:

Susie Williams

susiew@ymcasatx.org

Sports Director:

Jami Engel

jamie@ymcasatx.org

Assistant Sports Director:

Michael Sandoval

michaels@ymcasatx.org

Membership Retention & Military
Membership Specialist:

Jake Oglesby

jakeo@ymcasatx.org

Business Manager:

Linda Martinez

lindam@ymcasatx.org

MEMBER SPOTLIGHT: YMCA Endurance Club



Last month here at the Braundera Family YMCA, we launched a new program designed to help those interested in pushing themselves to a new level in participating in endurance sports. The YMCA Endurance Club is a program designed to allow you to achieve and reach your goals as well as ultimately compete in endurance athletic events. Training programs are available for endurance events ranging from 5k's, ½ Marathon's, Full Marathon's, as well as Du and Tri- Athlons. Coached by Professional Endurance Athlete and Wellness Coach, Chris Layman, workouts and training times are made available for members to reach the unreachable, or for a play on words: Go the Distance! In a short period of time, club members will start competing and participating in endurance events. We wish them the best and look forward to seeing them compete. This program is sponsored by Brooks Athletic Apparel, as well as Soler Sports. If you are interested in joining, please stop by the Member Service Desk or ask our Wellness Staff for more information.

Keep on working hard and reaching those goals, and the Spotlight might find you!! Please e-mail your success stories to Kristine at kristineg@ymcasatx.org.

**Join us on Thursday, February 11
For our City Wide YPartners Kick-Off
At the D.R. Semmes Family YMCA at Tri Point from
5:30 – 7:30pm
Please RSVP at the Member Service Desk**

MAKE A DIFFERENCE IN A LIFE TODAY.

**Become a member of an exclusive club...
Join the YMCA Century Club- For a donation of \$100
or by adding \$10 to your monthly draft.**

Financial Assistance is available through our Open Doors Scholarship Program

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