

Darienite

News for Darien

<https://darienite.com>

Member Appreciation Day Means 'Bring Somebody For Free' to Darien YMCA on Saturday

Author : David Gurliacci

Categories : [Darien YMCA](#)

Tagged as : [Member Appreciation Day 2018](#)

Date : September 7, 2018

Darien Y members can bring a non-member friend this Saturday, Sept. 8 to fitness classes during the Y's Member Appreciation Day from 9 a.m. to 12 noon.

New [Darien YMCA](#) CEO [Jennifer Gardner](#) will be greeting members, according to an announcement from the organization. The announcement continues:

We'll have a free raffle, giveaways and chair massages.

Trainer's Choice with Jermaine at 9:45 am in the gym

Meet with [Kim Bealle](#) and Andrea McDonough to learn more about their My Daughter, Myself Workshop

Chair Massages with Susan starting at 9:30 am in the lobby

Darienite

News for Darien

<https://darienite.com>

Learn about Nutritional Therapy offered by certified nutritionist, [Amy Kiser](#), NTP
Enter our free raffle to win a Mind, Body & Spirit shirt, a 1-hour PT Session with an
Inbody Assessment, and a 1 -hour Massage
Giveaways and more!

Encourage your friends to get back to class this Fall!

If your friend joins as a NEW* Annual Adult member they will receive \$100 to use towards any program registration. Offer valid September 1-30, 2018.

**Must not have been a member within the past year.*