



# July 2017

## YMCA Alexandria Branch Activity Calendar

**July is National Social Wellness Month– Get out & MINGLE at the Y**

**200 Hour Power Flow Yoga Teacher Training**–Transform your life and the lives of others through teaching. The 405 yoga 200hr teacher training program supports students in deepening their power flow practice and prepares students to teach. Students will learn the philosophy and history of yoga breathing, postures, teaching and so much more. Stop by the front desk for more information.

**Les Mills New Release**– July is exploding with our new Les Mill’s releases in Body Pump, Grit and Body Combat. Be the first to try release 102! Don’t miss out on these exciting and thrilling classes.

**Y Branch Celebration: July 22nd** On this member appreciation day, members are allowed to bring a free guest to experience the Y. Raffles, food, demos, and special events are just some of the things that the Y has in store.

**Happy Independence Day**– On this special holiday the facility will be open from 9am –3pm. There will also be a special GEX schedule for members to enjoy. The pool will be open from 9am-2:30pm and child watch 9am-2pm.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2	3 Workout like Superman on Superman Day– Special fitness	4 Happy Independence Day Facility hrs. 9–3pm Holiday GEX schedule	5	6	7 Father Daughter take a walk day	8 Don't forget to sign up for your free wellness consult
9	10	11	12 Don't forget to sign up for your free wellness consult	13	14 Parent night out bring your little one to kids club	15 New Body Pump 102 Release party!
16 New Grit Release Be sure to get your sweat on!	17 Don't forget to sign up for your free wellness consult	18	19 New Body Combat Release be the first to try it out	20 Get to know your customers Day Share a little about yourself	21	22 Join us for a branch celebration like no other!
23/30	24 31 Early Bird Yoga Reg. ends	25	26	27 National Refreshments day Enjoy light refreshments in the lobby area	28 Parent night out bring your little one to kids club	29 National Dance Day

### YMCA OF METROPOLITAN WASHINGTON

For more information, visit us on the web.

Website: [www.ymcadc.org](http://www.ymcadc.org)

Facebook: [www.facebook.com/ymetrodc](http://www.facebook.com/ymetrodc)