



# MAY 2017

## YMCA Alexandria Branch Activity Calendar

### May is OUTDOOR HEALTH MONTH

**Fun-tastic May Observances—**  
Celebrate this May like you've never done before. Join us for these fun and spunky May observances: National Foam Rolling Day, National Learn to Swim Day, National Senior Health and Fitness Day and Eat More Fruits and Veggies Day. Each day the Y will have a little something special happening to celebrate! Don't miss out.

**Neuro Yoga** — The specialized class is designed for adults who have suffered a brain or neurological injury and are looking to improve their quality of life through challenging yet safe physical activity. This will be a small group class so please sign up at the front desk!

**Free BP Checks**—Stop by the wellness center for your free BP check up. High BP is a major health risk and it is good to check regularly.

**Y Branch Celebration** —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.

**Personal Training Kick Start Package**—Two, one-hour sessions for \$99.00. See a Y Personal Trainer for details.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Natl. Lemonade Day. Celebrate w/us & grab a nice glass of lemonade.	2	3	4	5 Cinco De Mayo	6
7	8 World Red Cross Day	9	10 National Foam Rolling Day Ask a trainer about all the benefits of foam rolling!	11	12 FREE Blood Pressure Checks	13
14 Happy Mother's Day	15	16	17 Branch Celebration 5-7:30pm	18	19 Neuro Yoga at 9:30am	20 National Learn to Swim Day Grab some info on our amazing Swim lessons
21 FREE Blood Pressure Checks	22 Nutrition Talk @ 9:30am	23	24 Nutrition Talk @ 6:30pm	25 Eat more fruits and veggies Day	26 Heat Awareness Day	27
28	29 Memorial Day	30 FREE Blood Pressure Checks	31 National Senior Health and Fitness Day			

### YMCA OF METROPOLITAN WASHINGTON

For more information, visit us on the web!

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