



SEPTEMBER 2019 • YMCA RESTON

— WELCOMING WEEK: 9/13 - 9/22 —

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

2

3

4

5

6

7

Labor Day
*Branch Closed

First Day of
Fall I Session

Early Learning
Center's
Registration is
Open!

8

9

10

11

12

13

14

Strong by
Zumba
6:30 - 7:25pm

Before &
After School
Registration is
Open!

Parent's
Night Out
6:30 - 10:00pm

Meet the
Trainer Day

Community Yard Sale
8:00 - 12:00pm

15

16

17

18

19

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21

Register
to Vote
Drive

Tai Chi
11:00 - 11:55am

Meet The
Trainer Day

Zumba
7:00 - 7:55pm

HathaFlowYoga
8:30 - 9:25am

Kickboxing
9:30 - 10:25am

FREE ACCESS DURING WELCOMING WEEK! THE Y IS OPEN TO ALL IN THE COMMUNITY!

22

23

24

25

26

27

28

Kids Athletic
Conditioning
11:00 - 11:55am
*Ages 5 & Up

Fall Prevention
Awareness Day

Meet The Trainer Day

Barre
6:30 - 7:25pm

PIYO
5:30 - 6:25pm

Tabata
6:30 - 7:25pm

Parent's
Night Out
6:30 - 10:00pm

Celebrate
the Y's
20th Birthday

Meet The Trainer
Day

YMCA GALA WEEK

29

30

Body
Strength
10:00 - 10:55am

Active
Older Adults
10:00 - 10:55am

