

SEPTEMBER 2019 · YMCA BETHESDA

—— WELCOMING WEEK: 9/13 - 9/22 ——

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|----------------------------------|---|---|--|
| 1 | Labor Day Hours 5:30 am - 4:00 pm | First Day of Fall I Session | 4 | Welcoming Week Open House 4:00 - 7:00pm | 6 | 7 |
| 8 | 9 BCC Golf Tournament 11:00 - 5:00pm | 10 | 11 | 12 | Member 13 Appreciation Celebration Wellness Challenge | Meet the 14 Trainer Day 11:00am – 3:00pm |
| 15 | Register 16 to Vote Drive | Coach by Color 5:15pm Aqua Zumba 7:00 - 8:00pm | Zumba 7:30pm | International 19 Potluck 5:30 – 7:00pm Belly Dancing 7:45pm | Family Night in 20 the Pool 7:00 - 8:30pm Tai Chi Quan 1:30pm | 21 Hatha Yoga 12:15pm |
| FREE ACCESS DURING WELCOMING WEEK! THE Y IS OPEN TO ALL IN THE COMMUNITY! | | | | | | |
| Welcoming 22 Week Open House 9:00 - 12:00pm | 23 | 24 | 25 Meet the Trainer Day #2 | 26 Coach to 10K 5:00 - 6:00pm | 27 | 28 |
| 29 | Celebrating The United States of Us Stories | | | THIA WILLOWER CHIEF Separation by the Control of | HELLO CIAO BONDOUR CZISO RAMUSTA CHAO HALLO WISHAMA PESSHENDE TJE FANANA MES FEH MESST FAH HE FEH MESST FAH HE FEH MESST FAH HE FEH MESST FAH HE FEH MESST FANANA MES FEN TOO (MALO) FEE TOO (MALO) FEE TOO (MALO) FEE TOO (MALO) | Helin Same of Marie o |