



@ MY Y IN JULY

Wellness Screenings & Consultations

Be sure to schedule your free 30-Minute Wellness Consultation. Take advantage of our Personal Trainers' expertise to make the most of your progress on your Healthy Living Journey.

Summer Steppin' - Our Summer Steppin' Challenge continues through July 23rd.

Join our group walks for an energetic trip through Indian Springs. Be sure to turn in your tracking sheets for a chance to win the drawing.

Exercise of the Month— Triceps exercises.

There are several ways to strength your triceps—see a Wellness Coach to find the exercise that is best suited for you.

Thingamajig@: The YMCA's Thingamajig@ Invention Convention is just one example of how the Y embraces STEM education.

Held at the Showcase Arena in Upper Marlboro, MD, this is a free event open to everyone.

Special Summer Series

Be on the look out for "Back to Basics" Step and "Evening Barre" classes throughout the summer! These classes are meant to introduce something different or new over the summer!

JULY 2017

YMCA Branch Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31 There is still time to register for Summer Camp!!					1 First Day of the second half of 2017
2	3 12:00pm Summer Steppin' Group Walk	4 Independence Day! Branch Closes at 4p	5 5:00pm Summer Steppin' Group Walk	6	6 9:00a Summer Steppin' Group Walk	8
9 Enjoy 1.5 hours of yoga with Sunny on Sundays at 11:30am	10 12:00pm Summer Steppin' Group Walk	11	12 5:00pm Summer Steppin' Group Walk	13 Have you tried step at 8:00am with Jane? Try it out!	14 9:00a Summer Steppin' Group Walk	15
16	17 8:30am Back to Basics Step Class 5:30pm Evening Barre Class with Emily	18 Kaleen is back! Join her for Body Sculpt on Tuesday's at 6:15pm	19 5:00pm Summer Steppin' Group Walk	20	21 9:00a Summer Steppin' Group Walk	22 Join us for a branch celebration and yoga demonstration! 11am-1pm
23	24 National Cousins Day	25	26 Kat is back! Have you been back to see her at 6:30pm Cardio Kickboxing?	27 Thingamajig@ 10a-2p	28	29

YMCA OF METROPOLITAN WASHINGTON

For more information, visit us on the web.

Website: www.ymcadc.org; Facebook: www.facebook.com/ymcasilverspring