

September 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Zumba @ 8am
2 Yoga @ 1030A	3 Danceworkz @11am Cardio Kickboxing @5:30pm	4 Yoga @ 9:15a Zumba @ 6:30p	5 Body Pump @ 9:30a HEAT @ 6:30PM	6 Cycle @11:15 Body Sculpt @ 6:30pm	7 Family Swim	8 Zumba @ 8am Family sewing (TBD) workshop 9am - 11am
9 Yoga @ 1030A	10 Register to Vote (TBD) Danceworkz @11am Cardio Kickboxing @5:30pm	11 Yoga @ 9:15a Zumba @ 6:30p	12 Body Pump @ 9:30a HEAT @ 6:30PM	13 Open House 5pm -7pm	14 WW STARTS Family Swim	15 Zumba @ 8am
16 Yoga on the lawn 9am African Dance @ 10AM	17 Danceworkz @11am Cardio Kickboxing @5:30pm	18 Yoga @ 9:15a Zumba @ 6:30p	19 International Pot Luck 1:30pm - 3:30pm	20 Cycle @11:15 Body Sculpt @ 6:30pm	21 Family Movie Night 7pm	22 Zumba @ 8am
23 WW ENDS	24 Danceworkz @11am Cardio Kickboxing @5:30pm	25 Yoga @ 9:15a Zumba @ 6:30p	26 Body Pump @ 9:30a HEAT @ 6:30PM	27 Open House 5pm – 7pm	28 NEW MEMBER SOCIAL 4PM -7PM	29 Fitness Event Front Deck 9am -12pm
30 Yoga @ 1030A						

For more information please contact Feltus Frost, Membership Director by email feltus.frost@ymcadc.org or by phone 301-585-2120.