



SEPTEMBER 2019 • YMCA ALEXANDRIA

— WELCOMING WEEK: 9/13 - 9/22 —

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Labor Day	3	4	5 Open House #1	6	7
8	9	10 Member Appreciation Celebration	11	12	13	14 Meet the Trainer Day
15	16 Register to Vote Drive African Culture Day	17 Antarctica Culture Day Healthy In A Hurry Seminar	18 Asian Culture Day Meet Our Trainers Small Group Training 9:00am - 5:00pm	19 Australian Culture Day Balance Testing Midday Bingo	20 North American Culture Day Family Fit Night Put for a Prize	21 South American Culture Day Fitness Fair 11-2pm Taste Around the World
FREE ACCESS DURING WELCOMING WEEK! THE Y IS OPEN TO ALL IN THE COMMUNITY!						
22 European Culture Day	23 Fall Prevention Awareness Day	24	25 Meet the Trainer Day #2	26	27	28 Make Your Own Pinwheels New Member Social
29	30					