



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

2

3

First Day of Fall I Session

4

5

Welcoming Week Open House
4:00 - 7:00pm

6

7

8

BCC Golf Tournament
11:00 - 5:00pm

9

10

11

12

Member Appreciation Celebration
Wellness Challenge

13

Meet the Trainer Day
11:00am - 3:00pm

14

15

Register to Vote Drive

16

Coach by Color 5:15pm
Aqua Zumba 7:00 - 8:00pm

17

Zumba 7:30pm

18

International Potluck 5:30 - 7:00pm
Belly Dancing 7:45pm

19

Family Night in the Pool 7:00 - 8:30pm
Tai Chi Quan 1:30pm

20

Hatha Yoga 12:15pm

21

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

Welcoming Week Open House
9:00 - 12:00pm

23

24

Meet the Trainer Day #2

25

Coach to 10K 5:00 - 6:00pm

26

27

28

29

Celebrating The United States of Us Stories

30

