



OCTOBER 2019

— YMCA FAIRFAX COUNTY RESTON —



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Did you know that October is National Family Health Month?
Come celebrate with us all month long at YMCA Fairfax County Reston!

1

2

Water Fitness
8:30 am -
9:15 am

3

4

5

Ballroom
Dance Lessons!
12:45 pm

6

7

Pilates Power
5:30 pm -
6:25 pm

8

9

10

11

12

Parent's
Night Out
6:30 pm -
10:00 pm

13

14

Water Fitness
8:15 am -
9:00 am

15

Join Us
For The 20th
Annual Gala -
November 16th

16

17

Ballroom
Dance Lessons!
7:45 pm

18

19

Have you
registered for
Swim Lessons?

20

21

Cycling
6:00 pm -
6:45 pm

22

Have you
registered
for Before and
After School
Care?

23

Strong
by Zumba
6:30 pm -
7:25 pm

24

Trunk of Treat!
6:30 pm -
8:30 pm

25

26

Parent's
Night Out
6:30 pm -
10:00 pm

27

28

Trick or Tri!
9:00 am

29

30

31

Happy
Halloween!

1

2