



# JANUARY 2020

YMCA ALEXANDRIA

# NEW YEAR, NEW Y, NEW YOU!

VISIT [WWW.YMCADC.ORG](http://WWW.YMCADC.ORG) FOR A FREE GUEST PASS TODAY!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1 New Year's Day Regular Hours	2 Winter Break Camp 9:00am - 3:00pm Personal Trainer Awareness Day	3 Winter Break Camp 9:00am - 3:00pm	4 National Trivia Day
5	6 Winter Session Schedule Begins	7	8 Youth Winter Basketball League Begins	9 Law Enforcement Appreciation Day	10	11 Youth Cardio Dance 10:15am
12	13 *NEW* Body Pump Class 5:30pm	14	15 National Bagel Day	16	17 Express Cycle 9:45am	18
19 Step Circuit 10:30am	20 Martin Luther King, Jr. Day	21	22 Pilates Mat 8:30am	23	24 Body Sculpt 6:00am	25 January Branch Event 10:00 - 1:00pm
26	27 Register for SUMMER CAMP	28 Yin Yoga 10:30am	29	30 BODYPUMP 6:30pm	31 NEW MEMBER \$0 Enrollment Special Ends National Hot Chocolate Day - Member Social	1