



JANUARY 2020

YMCA ANTHONY BOWEN

NEW YEAR, NEW Y, NEW YOU!

VISIT WWW.YMCADC.ORG FOR A FREE GUEST PASS TODAY!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1 New Year's Day Special Hours 8:00am - 4:00pm	2 Community Meditation 6:30 - 7:00pm	3	4 \$0 Enrollment Kickoff Weekend 10:00 - 1:00pm
5	6 Winter GEX Schedule Launch 5:00am - 11:00pm	7	8 Yoga Breath and Meditation 7:30pm	9 Barre 6:45pm	10	11 Bread Baking Class 1:00 - 3:00pm
12	13 Refer a Friend To Join	14	15 ASA! Fitness - Dance Class 5:30pm	16 Thai Desserts Class 6:30 - 9:00pm Summer Camp Open House 5:00 - 7:00pm	17	18 HIIT Boxing 2:30pm
19	20 Martin Luther King, Jr. Day Celebration and Open House 5:00 - 7:00pm	21	22 Home Cooking From Spain 6:30 - 8:30pm	23 Yegi's Persian Feast 6:30 - 8:30pm	24 Coffee and Conversation 8:00am - Noon	25 Closeout Saturday Branch Event 10:00 - 1:00pm
26	27 PiYo 6:30pm	28 Open House! Join us from 5:00 - 9:00 pm	29	30 Pasta Making Class 7:00 - 9:00pm	31	1