



JANUARY 2020

YMCA ARLINGTON

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 Regular Hours	2	* 3	4 Youth Basketball Starts
5	* 6 New Year, New Y, New You . Member Consultations all month long on MWF from 4:00 - 6:00pm by appointment.	7	* 8	9 Branch Celebration 4:00 - 6:00pm	* 10	11 Summer Camp Open House 11:00 - 1:00pm
12	* 13 Zumba Showcase 6:00 - 6:55pm	14	* 15 Open House 5:00 - 6:00pm	16 Balance Challenge	* 17	18
19	* 20 MLK, Jr. Day MLK Fitness Challenge 12:00 - 1:00pm	21 Family Movie Night 7:00 - 9:30pm	* 22 Insanity Class Showcase 7:00 - 7:55pm	23 Tai Chi Chuan & Qi Gong 12:00pm	* 24	25 Gentle Yoga 10:15am
26	* 27	28 Open House! Join us from 5:00 - 9:00 pm	* 29	30 Body Pump 6:05am	31 National Hot Chocolate Day Free in the Lobby from 9:00am -12:00pm	1