



JANUARY 2020

YMCA BETHESDA-CHEVY CHASE

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 Meet The Trainer 11:00am	2	3 Parents Night Out 6:30 - 10:30pm	4
5 Open House 1:00 - 4:00pm	6 New Years Resolution Challenge 1:00pm	7 Winter Programs Begin	8 Meet the Trainer 11:00am	9 Vinyasa Yoga 8:30am	10	11 Member Appreciation 12:00 - 2:00pm Les Mills Launch 11:00am
12	13	14 New Member Orientation 7:00 - 8:00pm	15 Meet the Trainer 1:00pm	16 Coach by Color Cycle 6:30pm	17 Family Swim 6:00 - 8:00pm	18 Freedom Barre Launch 11:30am
19	20 Martin Luther King, Jr. Day	21	22	23 Belly Dancing 7:45pm	24	25 Open House 1:00 - 4:00pm Member Social 10:00am - 12:00pm
26	27 CXWORX - BodyFlow 6:00am	28 Open House! Join us from 5:00 - 9:00 pm	29 Meet the Trainer 11:00am Register for Camp 2020!	30	31 Have You Signed Up For Summer Camp?	1