



OPEN HOUSE!

AT YMCA ALEXANDRIA

JOIN US ON TUESDAY, JANUARY 28TH
FROM 1PM - 4PM & 5PM - 9PM

FREE FAMILY SWIM, GROUP EXERCISE
CLASSES, EQUIPMENT DEMOS, & MORE!

ENJOY:

- A Heated Pool
- Nearly 100 Group Exercise Classes
- Healthy Refreshments
- Use of the Cardio, Strength Training, Free Weights, & Cycle Equipment
- **Free child care while you work out!**
- And More!

YMCA Alexandria | 420 E Monroe Ave, Alexandria, VA 22301 | (703) 838-8085

www.ymcadc.org