OPEN HOUSE!

AT YMCA ANTHONY BOWEN

JOIN US ON TUESDAY, JANUARY 28TH FROM 5:00 PM – 9:00 PM

FOR YOUTH DEVELOPMENT:

- Cool Kids Club STEM Activity 5pm-8:30pm
- Ask a Camp Expert—get information about Summer Camp

FOR HEALTHY LIVING:

- Group Exercise Showcase:
  - Kickboxing 5:30pm
  - Vinyasa Yoga 6:30pm
  - Barre 6:30pm
  - Coach by Color 7pm
  - Bodypump 6:30pm
- Rockwall Open Climb 6pm-9pm

FOR SOCIAL RESPONSIBILITY:

- American Heart Association Community Cooking Class 6pm
- Healthy Food Samples YMCA Food Program 5pm-7pm

YMCA Anthony Bowen | 1325 W St NW, Washington, DC 20009 | (301) 530-3725

www.ymcadc.org