



OPEN HOUSE!

AT YMCA ARLINGTON

**JOIN US ON TUESDAY, JANUARY 28TH
FROM 10AM - 12PM & 5PM - 9PM**

**GROUP EXERCISE CLASSES, EQUIPMENT
DEMOS, & MORE!**

ENJOY:

- Talking to a trainer about healthy lifestyle options
- Playing plinko for a prize
- Building your own healthy trail mix snack
- And more!

YMCA Arlington | 3422 13th St N, Arlington, VA 22201 | (703) 525-5420

www.ymcadc.org