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welkom maligayang pagdating ยินดีต้อนรับ 歡迎  
chào mừng benvenuta كبا الهماء قايملوون vitejte  
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환영 sveiki ىدمآ شوخ witamy bem vinda स्वागत हे üdvözlök

# WELCOME TO YMCA ALEXANDRIA

WE HAVE SOMETHING FOR EVERYONE,  
JOIN OUR COMMUNITY TODAY!



\$0

ENROLLMENT FEE\*  
OFFER ENDS SEPT 30<sup>TH</sup>



# WELCOME TO THE Y!

At the YMCA Alexandria branch, members enjoy:

- Support from nationally certified wellness staff to help reach their personal wellness goals.
- State-of-the-art wellness equipment for members of all experience levels.
- A heated pool (for lap swimming, instruction, & classes).
- A wide variety of dynamic group exercise classes offering something for everyone.
- An interactive, age-specific Cool Kids Club offering educational programs for our member's children to enjoy while they workout.
- Opportunities to volunteer and give back to our community.
- Access to over 2,700 Y locations nationwide!

**VISIT [WWW.YMCADC.ORG](http://WWW.YMCADC.ORG) FOR A FREE GUEST PASS TODAY!**

## JOIN US FOR WELCOMING WEEK

The YMCA is for all! Celebrate our community's diversity, inclusion and impact through the special Welcoming Week activities and events that are scheduled to take place from September 13<sup>th</sup> through 22<sup>nd</sup>. All events are free and open to the public. For more information and to view the event calendar, please visit [www.ymcad.org/welcoming-week](http://www.ymcad.org/welcoming-week).

\$0

**ENROLLMENT FEE\***  
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### YMCA Alexandria

420 E Monroe Ave, Alexandria, VA 22301  
703.838.8085 | [www.ymcad.org](http://www.ymcad.org)



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# WELCOME

## TO YMCA ANTHONY BOWEN

WE HAVE SOMETHING FOR EVERYONE,  
JOIN OUR COMMUNITY TODAY!



\$0

ENROLLMENT FEE\*  
OFFER ENDS SEPT 30<sup>TH</sup>



# WELCOME TO THE Y!

At the YMCA Anthony Bowen branch, members enjoy:

- Support from nationally certified wellness staff to help reach their personal wellness goals.
- State-of-the-art wellness equipment for members of all experience levels.
- A heated indoor pool, relaxing saunas, and steam rooms.
- A wide variety of dynamic group exercise classes offering something for everyone.
- Healthy cooking classes in our interactive culinary kitchen.
- An interactive, age-specific Cool Kids Club for member's children.
- Fresh salads from sweetgreen™ along with art from community artists in our community space.

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### YMCA Anthony Bowen

1325 W St NW, Washington, DC 20009  
202.738.5005 | [www.ymcadc.org](http://www.ymcadc.org)



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# WELCOME TO YMCA ARLINGTON

WE HAVE SOMETHING FOR EVERYONE,  
JOIN OUR COMMUNITY TODAY!



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ENROLLMENT FEE\*  
OFFER ENDS SEPT 30<sup>TH</sup>



# WELCOME TO THE Y!

At the YMCA Arlington branch, members enjoy:

- Support from nationally certified wellness staff to help reach their personal wellness goals.
- State-of-the-art wellness equipment for members of all experience levels.
- A wide variety of dynamic group exercise classes offering something for everyone.
- A vibrant tennis community supported by outstanding tennis pros from the 4Star Tennis Academy.
- An interactive and age-specific child watch service and educational programs for our member's children to enjoy.
- Access to over 2,700 Y locations nationwide!

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## JOIN US FOR WELCOMING WEEK

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### YMCA Arlington

3422 13th St N, Arlington, VA 22201  
703.525.5420 | [www.ymcad.org](http://www.ymcad.org)



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# WELCOME

## TO YMCA BETHESDA-CHEVY CHASE

WE HAVE SOMETHING FOR EVERYONE,  
JOIN OUR COMMUNITY TODAY!



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ENROLLMENT FEE\*  
OFFER ENDS SEPT 30<sup>TH</sup>



# WELCOME TO THE Y!

At the newly renovated YMCA Bethesda-Chevy Chase, members enjoy:

- A brand new wellness center featuring new Technogym equipment.
- Indoor cycling with new ICG (Indoor Cycling Group) bikes offering a premier cycling experience (classes for beginner as well as elite riders).
- A dedicated Mind/Body studio with bamboo flooring featuring yoga, barre and more.
- Connecting with members in our newly renovated lobby.
- Relaxing saunas in our newly renovated locker rooms.
- A beautiful and tranquil meditation butterfly garden open to members.
- Access to over 2,700 Y locations nationwide!

VISIT [WWW.YMCADC.ORG](http://WWW.YMCADC.ORG) FOR A FREE GUEST PASS TODAY!

## JOIN US FOR WELCOMING WEEK

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\$0

ENROLLMENT FEE\*

OFFER ENDS SEPT 30<sup>TH</sup>

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### YMCA Bethesda-Chevy Chase

9401 Old Georgetown Rd, Bethesda, MD 20814

301.530.3725 | [www.ymcad.org](http://www.ymcad.org)



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# WELCOME

## TO YMCA FAIRFAX COUNTY RESTON

WE HAVE SOMETHING FOR EVERYONE,  
JOIN OUR COMMUNITY TODAY!



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ENROLLMENT FEE\*  
OFFER ENDS SEPT 30<sup>TH</sup>



# WELCOME TO THE Y!

At the newly renovated YMCA Fairfax County Reston, members enjoy:

- Support from nationally certified wellness staff to help reach their personal wellness goals.
- Expansive new wellness center featuring new fitness equipment for members of all experience levels.
- A wide variety of dynamic group exercise classes offering something for everyone & a brand-new cycling studio!
- A heated indoor pool and beautiful, newly-renovated locker rooms complete with sauna and steam room.
- An interactive, age-specific Cool Kids Club offering educational programs for our member's children to enjoy while they workout.
- A beautifully designed, spacious community room for parties and events!

VISIT [WWW.YMCADC.ORG](http://WWW.YMCADC.ORG) FOR A FREE GUEST PASS TODAY!

## JOIN US FOR WELCOMING WEEK

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### YMCA Fairfax County Reston

12196 Sunset Hills Rd, Reston, VA 20190  
703.742.8800 | [www.ymcad.org](http://www.ymcad.org)



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# WELCOME TO YMCA SILVER SPRING

WE HAVE SOMETHING FOR EVERYONE,  
JOIN OUR COMMUNITY TODAY!



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ENROLLMENT FEE\*  
OFFER ENDS SEPT 30<sup>TH</sup>



# WELCOME TO THE Y!

At the YMCA Silver Spring branch, members enjoy:

- Support from nationally certified wellness staff to help reach their personal wellness goals.
- State-of-the-art wellness equipment for members of all experience levels.
- Heated indoor & outdoor pools (for lap swimming, instruction, classes & more).
- A wide variety of dynamic group exercise classes offering something for everyone.
- Newly resurfaced outdoor tennis courts with tennis lessons for adults and children. A sport for life!
- Caring child watch service and educational programs for children.

**VISIT [WWW.YMCADC.ORG](http://WWW.YMCADC.ORG) FOR A FREE GUEST PASS TODAY!**

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### YMCA Silver Spring

9800 Hastings Dr, Silver Spring, MD 20901  
301.585.2120 | [www.ymcad.org](http://www.ymcad.org)