



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA FAIRFAX COUNTY RESTON

TWELVE DAYS OF FITMAS

❄️❄️❄️ HOLIDAY CHALLENGE



Day	Class	Time
12/6	Cardio Kickboxing	5:30pm
12/7	PiYo	10:00am
12/8	Family Zumba	6:00pm
12/9	Pound	10:00am
12/10	Water Aerobics	12:15pm
12/11	Kickboxing	

12/12	Fitness Floor Equip.	
12/13	Zumba	10:00am
12/14	Tactical Tabata	6:30pm
12/15	Beginner Tai Chi	11:15am
12/16	Bootcamp	5:30pm
12/17	Running Group <small>(Outdoor)</small>	
12/18	Workout w/ Santa!	8:00am

↶ SPECIAL EVENT!

YMCA Fairfax County Reston will host a variety of classes between Monday, 12/6 and Saturday, 12/18.

**ATTEND AS MANY CLASSES AS YOU CAN »
STAY HEALTHY AND HAPPY THROUGHOUT THE
HOLIDAY SEASON!**

The Y. For A Better Us.®

