



SEPTEMBER EVENTS

ANNUAL CAMPAIGN LAUNCHES SEPTEMBER 22

On September 22, YMCA Silver Spring kicks off our Annual Campaign, supporting programs that help individuals and families grow in spirit, mind, and body. Every dollar raised stays right here in Silver Spring, directly funding programs like youth development, preschool, wellness for seniors, and more. Together, we can break down barriers, nurture potential, and foster an inclusive community rooted in caring, honesty, respect, and responsibility. **Be why your community thrives—join us in making a difference this year.**



GROUP EXERCISE UPDATES

TOTAL BODY CONDITIONING

Restarts Wed, Sep 3, 7:15pm

IYENGAR YOGA

Returns Monday, Sep 8: 9am

BODYPUMP

New Class Begins Tuesday, Sep 9: 6am

LES MILLS PILATES

Starts Friday, Sep 5: 6pm

PROGRAM SPOTLIGHT



FULL CIRCLE HEALTH

FULL CIRCLE HEALTH:

Building the Foundation for Balanced Eating and Lasting Wellness

Full Circle Health is an 8-week, space-limited program that offers a comprehensive approach to

wellness – combining expert guidance, hands-on support, and a strong sense of community. Members start with personalized nutrition counseling, discovering practical ways to improve their eating habits. Small group strength-training sessions led by our personal trainers make exercise approachable and guided, with an emphasis on establishing a consistent training routine to build muscle, gain strength, and keep progressing. Our workshops offer opportunities to dig deeper into the questions, concerns, and shared experiences of the participants.

Challenges and prizes keep things fun, but the real magic happens in the private community group. Here, members swap stories, share encouragement, and celebrate each other's wins. Many say this peer support—the program's "secret sauce"—is what keeps them motivated when life gets busy. Full Circle Health has been running at Silver Spring since 2023 and has helped dozens of participants develop a better relationship with food and fitness.

By blending expert guidance with connection and accountability, Full Circle Health helps members build habits that last, creating a foundation for balanced eating, regular movement, and lasting wellness. The next session begins September 27th.

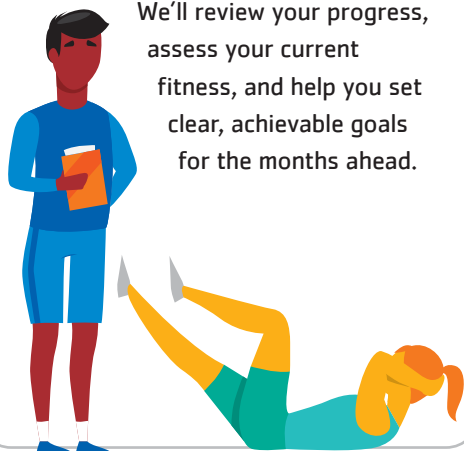
WELLNESS SPECIAL FOR SEPTEMBER



FITCHECK

A complimentary session with one of our personal trainers open to all our members.

We'll review your progress, assess your current fitness, and help you set clear, achievable goals for the months ahead.



TRAINER TIP OF THE MONTH

Try **BODYWEIGHT SQUATS** to strengthen your legs and core. Stand with feet shoulder-width apart, lower your hips back and down as if sitting in a chair, then return to standing. If you're new to squats or need extra support, use a real chair behind you for guidance—tap it lightly as you lower down. Repeat 10–15 times for a quick, effective movement that requires no equipment and can be done anywhere.

