

YMCA Reston 2026 Spring Full Circle Health Program Schedule				April 11 - June 6,2026
Date	Event	Time	Point Person	Contact
Registration Begins: March 14th	Program Registration		Anita Dandeker	anita.dandeker@ymcadc.org
March 16-April 10	Initial Assessment		Wellness Director	david.schwalbe@ymcadc.org
Saturday April 11, 2026	Kick-Off Event	11:00am	Wellness/Health Team	david.schwalbe@ymcadc.org
March 30th-April 10 (Virtual appointment)	Initial Nutrition Session		Caroline Schmalz	caroline.schmalz@ymcadc.org
Small Group Workout Schedule				
Mondays	Small Group Training	8 - 9am	Megan Kust	Megan.Kust@ymcadc.org
Wednesdays	Small Group Training	9 - 10am	Nik Patry	Nikhil.Patry@ymcadc.org
Fridays	Small Group Training	9 - 10am	Nicole Gillen	Nicole.Gillen@ymcadc.org
Workshop Schedule				
Tuesday, April 21 st 6:30-7:30 (Caroline and Kym)	Workshop #1 on Zoom	6:00-7:00 PM	Wellness Director and Health Team	caroline.schmalz@ymcadc.org
Thursday, May 7 th 6:30-7:30 (Caroline and Dave)	Workshop #2 on Zoom	6:00-7:00 PM	Wellness Director and Health Team	caroline.schmalz@ymcadc.org
Thursday, May 28 th 6:30-7:30 (Caroline and Danielle)	Workshop #3 on Zoom	6:00-7:00 PM	Wellness Director and Health Team	caroline.schmalz@ymcadc.org
Program Support and Motivations				
Beginning Monday April 13	Weekly Emails	Every Monday		david.schwalbe@ymcadc.org
Beginning Monday April 13	Access to Discord			kym.porter@ymcadc.org
Program Completion				
May 25-June 5	Final Assessment		Wellness Team	david.schwalbe@ymcadc.org
Completed by Friday June 5th (Virtual Appointment)	Final Nutrition Session		Caroline Schmalz	caroline.schmalz@ymcadc.org
Saturday June 6th	Wrap Up Celebration	11:00 AM	Wellness/Health Team	david.schwalbe@ymcadc.org
Your Program Trainers				
Dave Schwalbe				david.schwalbe@ymcadc.org
Megan Kust				Megan.Kust@ymcadc.org
Nik Patry				Nikhil.Patry@ymcadc.org
Nicole Gillen				Nicole.Gillen@ymcadc.org