



YMCA Silver Spring 2026 Fall Full Circle Health Program Schedule

Sep 26-Nov 21

Date	Event	Time	Point Person	Contact
Registration Begins: August 25th	Program Registration			health@ymcadc.org
September 14-September 25	Initial Assessment		Wellness Director	kym.porter@ymcadc.org
September 14-September 25 (Virtual appointment)	Initial Nutrition Session		Caroline Schmalz	caroline.schmalz@ymcadc.org
Saturday September 26, 2026	Kick-Off Event	8:30 AM	Wellness/Health Team	kym.porter@ymcadc.org
Small Group Workout Schedule				
Mondays	Small Group Training	7:45 AM	Ryanne Ross	rgeorge1@ymcawashdc.org
Wednesdays	Small Group Training	6:00 PM	Jill Scholnik	Jill.Scholnik@ymcadc.org
Fridays	Small Group Training	7:30 AM	Chris Tucker	christine.tucker@ymcadc.org
Workshop Schedule				
Tuesday, September 29	Workshop (Virtual)	6:30 PM	Wellness Director and Health Team	caroline.schmalz@ymcadc.org
Thursday, October 15	Workshop (Virtual)	6:30 PM	Wellness Director and Health Team	caroline.schmalz@ymcadc.org
Wednesday, November 4	Workshop (Virtual)	6:30 PM	Wellness Director and Health Team	caroline.schmalz@ymcadc.org
Program Support and Motivations				
Beginning Monday September 28	Weekly Emails	Every Monday		kym.porter@ymcadc.org
Beginning Monday September 28	Access to WhatsApp			caroline.schmalz@ymcadc.org
Program Completion				
November 9-November 20	Final Assessment		Wellness Team	kym.porter@ymcadc.org
Completed by Friday November 20 (Virtual Appointment)	Final Nutrition Session		Caroline Schmalz	caroline.schmalz@ymcadc.org
Saturday November 21	Wrap Up Celebration	8:30 AM	Wellness/Health Team	kym.porter@ymcadc.org
Your Program Trainers				
Kym Porter				kym.porter@ymcadc.org
Chris Tucker				christine.tucker@ymcadc.org
Jill Scholnik				Jill.Scholnik@ymcadc.org
Ryanne Ross				rgeorge1@ymcawashdc.org

