



AUGUST 2017

YMCA ARLINGTON Branch Activity Calendar

August is SUMMER GAMES MONTH

Come visit us at the **Arlington County Fair!** Located at Thomas Jefferson Community Center 3501 Second Street S. Arlington, VA 22204. We'll be celebrating Summer Games there.

Stay-cationing in August? - The Y is here for you. Relax in our pools, read a book in the shade, enjoy a picnic with your friends and family. The Y is here and close to home!

Free BP Checks—Stop by the wellness center for your free BP check up. High BP is a major health risk and it is good to check regularly.

Our **group exercise schedule** if live online! Visit <https://www.groupexpro.com/schedule/321/> to see up to date substitute information.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Party in the Pool! Aqua Zumba @ 6:30p	2	3 Celebrate Watermelon Day with us @ 11:00a	4	5
6	7 Shoulder Press Demo @ 9:30a	8	9 Work hard, play hard. Circuit @ 9a	10	11	12
13	14	15 Free Blood Pressure Checks 8-10a	16 Training for the Summer Games? Try Insanity with Mike @ 7p	17 Summer Games training 2.0 Family Muscle Fitness @6p	18	19 Join us at the Arlington County Fair for the Summer Games
20 Workout in the Pool! Aqua Aerobics @ 11:30	21	22	23 Child Care Afterschool Open House 6:30 – 7:30p	24 Early Learning Center Open House 6:30 – 7:30p	25	26
27	28	29	30	31		

YMCA OF METROPOLITAN WASHINGTON

For more information visit us on the web: www.ymcadc.org/arlington