



THIS MONTH AT THE Y

JULY

KIRK FAMILY YMCA

(540) 342-9622

AMERICAN RED CROSS CPR & FIRST AID COURSE

THURSDAY, JULY 16 | 6:00 PM - 9:00 PM

AGES 13+

\$75 MEMBERS | \$100 NON-MEMBER

TRX: TOTAL BODY WORKOUT

MONDAYS & FRIDAYS | 12:15 PM - 1:00 PM

AGES 16+

\$60 MEMBERS | \$80 NON-MEMBER

KIDS NIGHT OUT

JULY 17

AGES 6 WEEKS - 12 YEARS

\$15 MEMBERS | \$20 NON-MEMBER

SUMMER CAMP

MONDAY - FRIDAY

7:00 AM - 6:00 PM

\$190 MEMBERS | \$205 NON-MEMBER

Scan to Enroll

