



THIS MONTH AT THE Y Oct

KIRK FAMILY YMCA

540-342-9622

KIDS NIGHT OUT

OCT 23, 6:00-9:00 PM

AGES 6 WEEK-12 YEARS

\$15 MEMBERS | \$20 NON-MEMBERS

ACTIVE OLDER ADULTS LUNCHEON

OCT 21, 11:00 AM - 12:00 PM

AGES 55+

\$10 MEMBERS | \$12 NON-MEMBERS

WOMEN'S ONLY BOOTCAMP

SUNDAYS, 12:00-1:00 PM

AGES 16+

\$30 MEMBERS | \$50 NON-MEMBERS

TRX: TOTAL BODY WORKOUT, AGES 16+

SUNDAYS, 2:30 PM - 3:30 PM OR

MONDAYS/FRIDAY, 5:30 AM TO 6:15 AM

\$30 MEMBERS | \$50 NON-MEMBERS

(NEW!) INTRO TO BOXING

SATURDAYS, 10:00 - 11:30 AM

\$80 MEMBERS | \$100 NON-MEMBERS

EARLY LEARNING CENTER (PRESCHOOL)

MON-FRI, 7:00 AM - 6:00 PM | AGES 3-4

\$210 PER WEEK

Scan to Register!





THIS MONTH AT THE Y NOV

KIRK FAMILY YMCA

540-342-9622

KIDS NIGHT OUT

\$15 MEMBERS | \$20 NON-MEMBERS

**NOV 6, 6:00-9:00 PM
AGES 6 WEEK-12 YEARS**

**NOV 20, 6:00-9:00 PM
AGES 6 WEEK-12 YEARS**

ACTIVE OLDER ADULTS LUNCHEON

**NOV 18, 11:00 AM- 12:00 PM
AGES 55+**

\$10 MEMBERS | \$12 NON-MEMBERS

TRX: TOTAL BODY WORKOUT

**MONDAY & FRIDAY, 12:15- 1:00 PM
AGES 16+**

\$60 MEMBERS | \$80 NON-MEMBERS

Y AFTER SCHOOL

MON-FRI, 3:00 - 6:00 PM | AGES 5-12

\$90 MEMBERS | \$105 NON-MEMBERS /PER WEEK

EARLY LEARNING CENTER (PRESCHOOL)

**MON-FRI, 7:00 AM - 6:00 PM | AGES 3-4
\$210 PER WEEK**

Scan to Register!

