



THIS MONTH AT THE Y SEPT

KIRK FAMILY YMCA

540-342-9622

Y AFTER SCHOOL

MON-FRI, 3:00-6:00 PM

AGES 5-12

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

OUTDOOR BOOTCAMP

TUESDAYS, 12:00-1:00 PM

AGES 16+

\$30 MEMBERS | \$50 NON-MEMBERS

ACTIVE OLDER ADULTS LUNCHEON

SEPT 16, 11:00 AM

AGES 55+

\$10 MEMBERS | \$12 NON-MEMBERS

DANCE

\$40 MEMBERS | \$55 NON-MEMBERS/PER MONTH

PREBALLET, AGES 3-4

WEDNESDAYS, 5:45-6:15 PM

SATURDAYS, 9:30-10:00 AM

BEGINNER BALLET, TAP & JAZZ, AGES 5-8

WEDNESDAYS, 7:10-8:10 PM

SATURDAYS, 11:00 AM-12:00 PM

BEGINNER HIP HOP, AGES 6-10

WEDNESDAYS, 6:20-7:05 PM

SATURDAYS, 10:00-10:45 AM

TRX: TOTAL BODY WORKOUT

MONDAY & FRIDAY, 12:15- 1:00 PM

AGES 16+

\$60 MEMBERS | \$80 NON-MEMBERS

Scan to Register!

