



ROCKBRIDGE AREA YMCA

540-464-9622

THIS MONTH AT THE Y

OCT-NOV

KIDS NIGHT OUT

OCT 23, 5:30-9:00 PM

NOV 20, 5:30-9:00 PM

AGES 6 WEEK-12 YEARS

\$16 MEMBERS | \$21 NON-MEMBERS

PRESCHOOL FALL GYMNASTICS

OCT 6 - NOV 24 2026

TUESDAYS, 5:30-6:30 PM

AGES 3-4

\$80 MEMBERS | \$100 NON-MEMBERS

TRX: TOTAL BODY WORKOUT

TUE & THU, 8:45 - 9:45 AM

AGES 16+

\$60 MEMBERS | \$80 NON-MEMBERS

BOOT CAMP - JINGLE BELL ROCKER

MON, WED, FRI | 5:00 - 6:00 PM | AGES 14+

CALL FOR PRICING

Scan to Register!

