



THIS MONTH AT THE Y Oct

SALEM FAMILY YMCA

540-387-9622

KIDS NIGHT OUT

OCT 23, 6:00-9:00 PM

AGES 6 WEEKS-12 YEARS

\$15 MEMBERS | \$20 NON-MEMBERS

CREATIVE COOKING - HALLOWEEN

WEDNESDAYS, 6:00-7:30PM

AGES 4-10

\$50 MEMBERS | \$64 NON-MEMBERS

WOMEN ON WEIGHTS

\$45 MEMBERS | \$65 NON-MEMBERS, AGES 14+

TUESDAYS & THURSDAYS, 11:30 AM-12:30 PM

TUESDAYS & THURSDAYS, 5:30-6:30 PM

TRX TOTAL BODY WORKOUT

SUNDAYS, 12:00-1:00 PM

AGES 14+

\$35 MEMBERS | \$55 NON-MEMBERS

Scan to Register!

