



THIS MONTH AT THE Y OCT

YMCA AT TANGLEWOOD

540-647-9622

MAHJONG (WAITLIST)

TUESDAYS, MONDAYS, WEDNESDAYS, 5:30- 7:30 PM
AGES 18+
\$65 MEMBERS | \$75 NON-MEMBERS

KIDS NIGHT OUT

OCT 9, 6:00-9:00PM
AGES 6 WEEKS - 12 YEARS
\$16 MEMBERS | \$21 NON-MEMBERS

KIDS MORNING OUT

OCT 24, 9:00 AM-12:00 PM
AGES 6 WEEKS - 12 YEARS
\$16 MEMBERS | \$21 NON-MEMBERS

TRX: TOTAL BODY WORKOUT

SUNDAYS, 12:00-1:00 PM
AGES 14+
\$35 MEMBERS | \$55 NON-MEMBERS

KETTLEBELL MAXX

SATURDAYS, 11:00 AM-12:00 PM
AGES 14+
\$35 MEMBERS | \$55 NON-MEMBERS

YOUTH BASKETBALL CLINIC

SATURDAYS, 9:00 - 9:45 AM
AGES 4-7
\$50 MEMBERS | \$65 NON-MEMBERS

BEGINNER PICKLEBALL CLINICS

TUES OR THU, 11:00 AM - 12:00 AM
AGES 16+
\$25 MEMBERS | \$45 NON-MEMBERS

Scan to Enroll

