













WELCOMING ALL TO THE Y!

WELCOME WEEK ACTIVITIES September 13-22, 2019

METROWEST YMCA
 280 Old Connecticut Path
 Framingham MA 01701
 Metrowestymca.org (508) 879-4420



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																					
<p>WELLNESS CENTER 13+ Open from 5am-9:45pm </p>	<p>WELLNESS CENTER 13+ Open from 5am-9:45pm </p>	<p>WELLNESS CENTER 13+ Open from 5am-9:45pm </p>	<p>WELLNESS CENTER 13+ Open from 5am-9:45pm </p>	<p>WELLNESS CENTER 13+ Open from 5am-9:45pm </p>	<p>WELLNESS CENTER 13+ Open from 7am-6:45pm </p>																					
<p>DIABETES SCREENING 9:30-11:30am</p>	<p>FITNESS WORKSHOP SERIES AGES 13+ 5:30PM</p>	<p>BALANCE TESTING 9:00AM-11:45am</p>	<p>DIABETES SCREENING 9:00-11:00am</p>		<p>WORK OUT TOGETHER! Youth & Family Gym Times Ages 9+ & Parents 7:00am-6:45pm </p>																					
		<p>WORK OUT TOGETHER! Youth & Family Times Ages 9+ & Parents w/ babies in Strollers 5:00am-1:45pm 3:00-4:30pm 6:30-9:45PM</p>	<p>BALANCE TESTING 9:00AM-11:45am</p>		<p>SUNDAY</p> <p>WELLNESS CENTER 13+ Open from 7am-6:45pm </p> <p>WORK OUT TOGETHER! Youth & Family Gym Times Ages 9+ & Parents 7:00am-6:45pm </p>																					
<p>GRAND RE-OPENING! The Pool, Gymnasium and Café are scheduled to be open the Week of October 21. Please follow us Facebook and check our website for exciting updates and details! Ymcaheartofthecommunity.org  </p>		<p>MORE SPECIAL EVENTS:</p> <table border="0"> <tr> <td>Weekdays</td> <td>5:00am-10:00pm</td> <td>Stop by for a tour and learn more!</td> </tr> <tr> <td>Weekends</td> <td>7:00am-7:00pm</td> <td>Stop by for a tour and learn more!</td> </tr> <tr> <td>Mon, Sept 23</td> <td>10am-4pm</td> <td>National Falls Prevention Day & Matter of Balance Classes for Seniors</td> </tr> <tr> <td>Tues, Sept 24</td> <td>6:00pm</td> <td>Weigh to Change Info Session</td> </tr> <tr> <td>Thurs, Sept 26</td> <td>6:00pm</td> <td>Weigh to Change Info Session</td> </tr> <tr> <td>Thur, Sept 27</td> <td>6:00-7:00pm</td> <td>Healthy in a Hurry: with YMCA Nutritionist</td> </tr> <tr> <td>Sat, Sept 28</td> <td>10:30am</td> <td>Weigh to Change Info Session</td> </tr> </table>				Weekdays	5:00am-10:00pm	Stop by for a tour and learn more!	Weekends	7:00am-7:00pm	Stop by for a tour and learn more!	Mon, Sept 23	10am-4pm	National Falls Prevention Day & Matter of Balance Classes for Seniors	Tues, Sept 24	6:00pm	Weigh to Change Info Session	Thurs, Sept 26	6:00pm	Weigh to Change Info Session	Thur, Sept 27	6:00-7:00pm	Healthy in a Hurry: with YMCA Nutritionist	Sat, Sept 28	10:30am	Weigh to Change Info Session
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<p>INDOOR PLAYROOM Open everyday to kids ages 2-12. Must be supervised by parents </p>		<p>Join Today & Pay No Joiners Fees Valid from now through September 30, 2019. See metrowestymca.org/welcomeweek for complete details. The above schedule is Open to All. Workout and drop in to any of the classes & events listed above.</p>																								