



YMCA South Hampton Roads
Serving Coastal Virginia and Northeastern North Carolina

Greenbrier Family YMCA

August 2008

| Sunday 11:00am - 7:00pm | Monday 5:00am - 10:00pm | Tuesday 5:00am - 10:00pm | Wednesday 5:00am - 10:00pm | Thursday 5:00am - 10:00pm | Friday 5:00am - 10:00pm | Saturday 8:00am - 7:00pm |
|----------------------------|--|--|--|---|---|---|
| | | | | | 1 Happy Hour at the outdoor pool 6:00-7:00pm | 2 Parents' Night Out "Pajama Party" 6:30pm |
| 3 | 4 | 5 Basic 12 Week Challenge 8:30am | 6 | 7 | 8 Family Movie Night <i>Madagascar</i> 6:30pm | 9 |
| 10 | 11 Group Exercise 101 10:00am | 12 Fit by Faith 6:30pm | 13 Basic 12 Week Challenge 11:30am | 14 | 15 | 16 Parents' Night Out "Luau!" 6:30pm Hawaiian Luau Pool Party 12:00-2:00pm |
| 17 | 18 | 19 | 20 4 Week Fresh Start 6:30pm | 21 AOA Lunch Rose Bay Seafood Restaurant 12:30pm Group Exercise 101 6:00pm | 22 Family Bingo Night 6:30pm | 23 |
| 24/31 | 25 | 26 | 27 | 28 | 29 Family Camp Out 6:30pm-8:00am | 30 |

GREENBRIER FAMILY YMCA ~ 1033 GREENBRIER PKWY, CHESAPEAKE, VA 23320 ~ 757-547-9622

Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.