

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Friends are good for your heart and so is exercise! Refer a friend to the YMCA and as the referring member you will receive a \$50 program credit to use towards a program of your choice. Choose from personal training, youth sports, swim lessons or even Parent's Night Out!

1 Join us for Garden Club, the 1st Saturday of every month @ 9am



2 Did you know we have a Mobile App? Download the YMCA of Central Florida App in your App store!



3 **Healthy & Fit @ 9am**

Prayer Group @ 10:30am

4 **Youth Fitness Orientation @ 5pm**

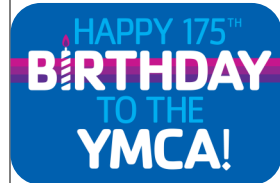


5 **Farmer's Market 5am-1pm Every Wednesday**



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7 **Like Us on Facebook for YMCA updates!**



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10 **Traveling this summer? Be sure to take advantage of your YMCA Nationwide Membership!**



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12 **Follow us on Instagram!**



13 **Conquer your weekend early and take a BodyPump class @ 5:45pm!**



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16 **Did you know that the YMCA founded Father's Day in 1910? Happy Father's Day to all of our superhero Dads!**

17 **Try out Aqua Zumba for some low impact fun @ 7pm**



18 **Mission Committee @ 12:00pm**



19 **Farmer's Market 5am-1pm Every Wednesday**



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21 **Celebrate International Yoga Day by attending our 10:30am Yoga class!**



22 **First Games for Summer Youth Sports League!**



23 **Looking for a church home? Palmwood Church will be at the Oviedo YMCA on Sundays @ 12pm!**



24

25 **Bemer Table Demo 9am-1pm in the lobby!**



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27 **Membership Welcome Committee Meeting @ 10:15am**

28 **Parent's Night Out Kids ages 5-12 from 5-10pm**

29/30 **One perk of living in Florida is that you can swim year round. July Swim Lessons start 6/29!**

