



SML YMCA NEWS

Your Information

www.franklincountyyymca.org

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Welcome!

Welcome to the Franklin County Family YMCA. As part of our YMCA family, we want you to feel at home. If you have any questions, please feel free to ask any of our staff.

Join us MAY 2nd

6pm—8pm

for Paint Night with Southern Roots! We'll be doing an oil painting. \$50.00 per person



SOUTH OF THE BORDER FIESTA

Join us for our Annual Steel Drum Concert on May 19th!



THE Y IS HOSTING THE SML CHAMBER'S BUSINESS EXPO & BREWS & TUNES FESTIVAL!

The YMCA will be CLOSED to ALL members Friday May 4th from 11am—4pm & Tennis Courts will be closed Saturday May 5th- for the Smith Mountain Lake's Chamber of Commerce's 15th Annual Business Expo & Brews & Tunes Festival.

SWITCH IT UP SATURDAY CLASSES :

05/05 — 30/30 w/ Mary Ruth

05/12 —Sculpt w/ Luisa

05/19 —Cardio Sculpt w/ Becky

05/26 —Pilates Ball w/ Sue

INBODY SCHEDULE

The SML YMCA will now have the InBody machine the 2nd week of every month!

The InBody gives detailed information on body composition.

Schedule your InBody assessment at the front desk!

DOWNLOAD OUR MOBILE APP TO STAY UPDATED
ON ALL THINGS Y!

QuickStart Tennis Clinics

Interested in getting your child involved in tennis? Ask the front desk for more information!

