



APRIL 2017

HEALTH FI+NESS

Find your balance.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Follow @ywcaHF  Like us on facebook.com/ywcahealthfitness						1
2	3	4	5 Registered Program TRX Training STARTS	6 Registered Aquatics YWCA 4 Stroke Series STARTS	7	8
9	10	11	12	13 Member Clinic Understanding Arthritis, 12:15pm with the Arthritis Society	14 Facility closed for Good Friday	15
16 Facility closed for Easter Sunday	17 PREVIEW the Summer programs and register today! Reduced class schedule for Easter Monday	18	19	20	21	22 Registered Program Slimmer STARTS
23	24	25 Meet the Trainer Janelle Eisler Carr - Somatic Movements, 1pm & 1:30pm. Register with Member Services Pilates Reformer Intro STARTS	26 Pilates Reformer Level 1 STARTS Registered Program Rise to Shine STARTS	27 Member Clinic Why All Women Should Lift Weights, 5:15pm with Katherine Taylor	28 Friendly Friday Bring a friend for free (ID required)	29 Member Clinic Learn to Swim, 10:45am
30						