



DECEMBER 2017

HEALTH FI+NESS

Find your balance.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Like us on facebook.com/ywcahealthfitness  Follow @ywcaHF					1 Gift of Balance on SALE! \$59 for one month membership with towel service	2
3	4 Meet the Trainer Ayda Ersoy - SMS: Improve Your Flexibility & Increase Your Strength, 12 & 12:30 PM	5	6 Meet the Trainer Ayda Ersoy - SMS: Improve Your Flexibility & Increase Your Strength, 12 & 12:30 PM	7	8	9
10	11	12	13	14	15	16 Feature Class Holiday AquaFit 9:45 AM with various instructors
17	18	19 Feature Class Divas Deck the Hall DanceFit, 5:15 PM with Johanna Ward	20 YOU'RE INVITED! Holiday Party 4:30-6 PM, Lobby FREE TRIAL YWCA Swim Level 1 5:15 PM with Liam Sweeney	21 Feature Class Holiday Cycle, 6:15 AM with various instructors	22 Holiday hours & schedules in effect until January 8 Facility closes at 8 PM	23
24 Facility closes at 2 PM	25 Facility closed for Christmas Day	26 Facility closed for Boxing Day	27 Facility closes at 8 PM	28 Facility closes at 8 PM	29 Facility closes at 8 PM	30
31 Facility closes at 2 PM						