



# JANUARY 2019

# HEALTH FITNESS

Find your balance.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Facility closed for New Year's Day	2 NO JOINER FEE until JANUARY 11!  Holiday Schedule in effect until Jan 6th	3 Facility closes at 8 PM	4 Facility closes at 8 PM	5
6 Registered Aquatics Mobility for Life STARTS	7 OPEN HOUSE January 7 - 11 Invite family & friends for a free workout!  Registered Program Police Training STARTS  Registered Aquatics YWCA Swim Level 3 STARTS  TRIAL CLASS YWCA Swim Combo Level 2/3, 6:30 PM	8 TRIAL CLASS YWCA Level 1, 6:00 PM	9 Pilates Reformer Level 2 STARTS	10 Feature Class Stability, Mobility, Flexibility, Strength, 11:15 AM with Ayda Ersoy  Registered Aquatics Paul Cross Masters Swim STARTS  TRIAL CLASS Swim Level 3, 6:15 PM	11 Registered Aquatics YWCA Swim Level 3 STARTS  TRIAL CLASS YWCA Level 1, 5:15 PM	12 Registered Program Functional Training STARTS  Registered Aquatics YWCA Swim Level 1 STARTS
13 Registered Program Functional Training STARTS	14 Registered Program New Year, New You STARTS  Registered Aquatics YWCA Swim Level 1 & Swim Combo Level 2/3 STARTS  Pilates Reformer Level 1 STARTS	15 Registered Aquatics YWCA Swim Level 1 & Swim Level 2 STARTS Pilates Reformer Intro / Level 1 Mixed & Level 2 STARTS  Meet the Trainer: Johanna Ward - Goal Setting. How to Turn Your Resolutions into Reality, 1:00 & 1:30 PM	16 Registered Program Rise to Shine  Pilates Reformer Intro / Level 1 Mixed STARTS  Registered Aquatics YWCA Swim Combo Level 2/3 STARTS	17 Registered Aquatics YWCA Swim Level 3 STARTS  Pilates Reformer Intro / Level 1 Mixed STARTS	18 Registered Aquatics YWCA Swim Level 1 STARTS  Pilates Reformer Level 2 STARTS	19 Registered Program Slimmer 30-30-30 STARTS
20	21 Pilates Reformer Intro / Level 1 Mixed STARTS	22	23	24	25 Friendly Friday Bring a friend for free! ID required.	26
27	28	29 Registered Program LITE Squared™ STARTS  Member Measures Track your progress with a series of health and fitness measures. Lobby 11:30-1:30 PM, 4:30-5:30PM	30	31 Registered Program LITE Squared™ STARTS  Member Clinic Changing Bad Habits, 12:15 PM with Andre Noel Potvin	 Follow @ywcaHF   Like us on facebook.com/ywcahealthfitness	