

JULY 2019

HEALTH FI+NESS

Find your balance.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Facility closed for Canada Day	2 Workout to Win July 2 - 31 Win a getaway to Whistler! 2 night stay at Fairmont Chateau Whistler Registered Aquatics YWCA Swim Level 1, Level 2 STARTS Pilates Reformer Intro/Level 1 Mixed, Level 2 STARTS	3	4 Pilates Reformer Intro/Level 1 Mixed STARTS	5 Registered Aquatics YWCA Swim Level 1 STARTS Pilates Reformer Level 2 STARTS	6
7	8 Registered Aquatics YWCA Swim Level 1, Level 2/3 Combo, Level 3 STARTS Pilates Reformer Intro Level STARTS	9	10	11 Registered Program LITE Squared STARTS	12	13
14	15 Member Clinic Rolling for Deep Body Massage, 2:10 PM with Fleur Palliardi	16 Member Measures Track your progress with a series of health and fitness measures. Lobby 11:30-1:30 pm, 4:30-5:30 pm	17 Member Event Social En Blanc 12 - 2 PM. Register and pick up your ticket between July 3 - 12.	18	19	20
21	22 Meet the Trainer Leila Mazhari - Building Postnatal Core Strength Through the Feet, 12 & 12:30 PM. Register with Member Services.	23	24 Pilates Reformer Level 2 STARTS	25	26 Friendly Friday Bring a friend for a free workout (ID required)	27
28	29	30	31			