



MARCH 2018

HEALTH FI+NESS

Find your balance.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Like us on facebook.com/ywcahealthfitness  Follow @ywcaHF				1 Member Challenge Double Pebble Day - Put in an extra pebble after your visit today!	2 Member Challenge ENDS Registered Program Krav Maga STARTS Registered Aquatics YWCA Swim Level 3 STARTS	3 Registered Program Slimmer 30-30-30 STARTS
4	5 Registered Aquatics YWCA Swim Level 3 STARTS Pilates Reformer Intro STARTS	6 Registered Aquatics YWCA Swim Level 1 STARTS TRIAL CLASS Seahiker Level 1, 6:00pm & Seahiker Level 2, 7:15pm Pilates Reformer Intro & Level 1 STARTS	7 Registered Program Rise to Shine STARTS Registered Aquatics YWCA Swim Combo Level 2/3 & FreeStyle Tri Training STARTS Pilates Reformer Level 1 STARTS	8 Member Clinic Psychological Fitness, 5:15pm with Dan Blisker, PhD Registered Aquatics YWCA Swim Combo Level 2/3 & Four Stroke Series STARTS TRIAL CLASS Seahiker Level 4, 6:00pm, & Seahiker Level 3, 7:15pm	9 Registered Aquatics YWCA Swim Level 1 STARTS	10 Registered Aquatics YWCA Swim Level 1 & FreeStyle Intensive STARTS Pilates Reformer Intro & Mixed Level STARTS
11 Registered Aquatics YWCA Swim Level 1 & FreeStyle Intensive STARTS	12 Registered Aquatics YWCA Swim Level 1 & YWCA Swim Combo Level 2/3 STARTS	13 Member Measures Track your progress with a series of health and fitness measures. Lobby 11:30-1:30pm, 4:30-5:30pm Registered Aquatics Sea Hiker Level 1 & 2 STARTS	14	15 Registered Aquatics Sea Hiker Level 3 & 4 STARTS	16	17
18	19	20	21	22 Member Clinic Tips, Tricks and Tools to Manage your Joints, 5:15pm with the Arthritis Society Feature Class Flamenco Grooving, 1:15pm with Maria	23 Friendly Friday Bring a friend for free (ID required)	24
25	26	27	28 Meet the Trainer Steve Campbell - Learn how to Squat, 5:45pm & 6:15pm	29 Feature Class Flamenco Grooving, 1:15pm with Maria	30 Facility closed for Good Friday	31