

MARCH 2019

HEALTH FI+NESS

Find your balance.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Like us on facebook.com/ywcahealthfitness  Subscribe to our newsletter http://bit.ly/2EVZJtQ					1 Registered Aquatics YWCA Swim Level 3 STARTS	2 Registered Aquatics Mobility for Life STARTS Registered Program Functional Training STARTS
3 Registered Program Functional Training STARTS	4 Registered Aquatics YWCA Swim Level 3 STARTS	5 Registered Aquatics YWCA Swim Level 1 & Level 2 STARTS	6 Pilates Reformer Intro / Level 1 Mixed STARTS	7	8 Registered Aquatics YWCA Swim Level 1 STARTS	9 Registered Aquatics YWCA Swim Level 1 STARTS Registered Program Slimmer 30-30-30 STARTS
10	11 Registered Aquatics YWCA Swim Level 1 & Level 2/3 STARTS	12	13 Registered Aquatics YWCA Swim Level 2/3 STARTS	14 Member Clinic Optimal Health and Fitness for Aging, 12:15 pm with Andre Potvin, RNCP Registered Aquatics YWCA Swim Level 3 STARTS	15	16
17	18 Pilates Reformer Intro Level STARTS	19 Registered Program LITE Squared™ STARTS	20 Meet the Trainer Dylan Kay - Proper Squat Techniques, 1 pm & 1:30 pm. Sign up with Member Services	21 Feature Class Yoga Core, 2:15 pm with Melissa Knomo	22	23
24	25	26 Member Measures Track your progress with a series of health and fitness measures. Lobby 11:30-1:30 pm, 4:30-5:30 pm	27	28 Member Clinic 3 Steps to Losing Stubborn Body Fat, 5:15pm with Natalie McCrae, RHN	29 Friendly Friday Bring a friend for free! (ID required)	30
31						