

# MARCH 2020

# HEALTH FI+NESS

Find your balance.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <b>Registered Aquatics</b> Mobility for Life STARTS	2	3	4 <b>Pilates Reformer</b> Intro Level STARTS	5	6 <b>Registered Aquatics</b> YWCA Swim Level 3 STARTS	7 <b>Registered Program</b> 30-30-30 STARTS Functional Training STARTS
8	9 <b>Registered Aquatics</b> YWCA Swim Level 3 STARTS  <b>Pilates Reformer</b> Intro Level STARTS	10 <b>Registered Aquatics</b> YWCA Swim Level 1 STARTS YWCA Swim Level 2 STARTS	11	12 <b>Registered Aquatics</b> YWCA Swim Fit STARTS  <b>Pilates Reformer</b> Intro/Level 1 Mixed STARTS	13 <b>Registered Aquatics</b> YWCA Swim Level 1 STARTS	14 <b>Registered Aquatics</b> YWCA Swim Level 2 STARTS
15	16 <b>Registered Aquatics</b> YWCA Swim Level 1 STARTS YWCA Swim Combo STARTS  <b>Member Challenge</b> Snakes & Ladders STARTS	17	18 <b>Registered Aquatics</b> YWCA Swim Combo STARTS	19 <b>Member Clinic</b> 5 Secrets to Increased Energy, 5:15 PM with Natalie McCrae	20	21
22	23 <b>NEW!</b> Mondays, 1:15 PM Cycle class added to the schedule (no class Apr 13)	24 <b>Registered Program</b> LITE Squared STARTS	25 <b>Member Measures</b> Track your progress with a series of health and fitness measures. Lobby 11:30-1:30 pm, 4:30-5:30 pm	26	27 <b>Friendly Friday</b> Bring a friend for Free (ID required)	28
29	30	31				