

MAY 2017

HEALTH FI+NESS

Find your balance.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>Member Clinic Great Health, 5:15pm with Dr. Shawn K Exley</p> <p>Registered Aquatics Masters Swim STARTS YWCA Swim Level 2/3 STARTS</p>	2	3	<p>4</p> <p>Registered Aquatics Paul Cross Swim STARTS</p>	<p>5</p> <p>Registered Program Intensity STARTS</p> <p>Registered Aquatics Masters Swim STARTS YWCA Swim Level 1 STARTS</p>	<p>6</p> <p>Pilates Reformer Mixed Level 1/2 STARTS</p> <p>Registered Aquatics YWCA Swim Level 1 STARTS</p>
7	<p>8</p> <p>Registered Program FighterFit STARTS</p> <p>Pilates Reformer Intro STARTS</p> <p>Member Challenge Workout to Win May 8 - 28</p>	<p>9</p> <p>Registered Program Women on Weights STARTS</p> <p>Pilates Reformer Level 1 STARTS</p>	<p>10</p> <p>Registered Aquatics YWCA Four Stroke Series STARTS</p>	<p>11</p> <p>Registered Aquatics YWCA Freestyle Tri- Training STARTS</p>	12	13
14	15	<p>16</p> <p>Registered Aquatics Sea Hiker Level 1, 2, 3 STARTS</p> <p>Member Measures Track your progress with a series of health and fitness measures. Lobby 11:30-1:30pm, 4:30- 6pm</p>	<p>17</p> <p>Registered Program TRX Training STARTS</p>	<p>18</p> <p>Registered Aquatics Sea Hiker Level 4 STARTS</p> <p>Member Clinic Back Care, 12:15pm with Katherin Taylor</p>	19	20
21	<p>22</p> <p>Facility closed for Victoria Day</p>	23	24	<p>25</p> <p>Meet the Trainer Jody Sandler - Awesome Rowing Workout, 1pm & 1:30pm. Register with Member Services</p>	<p>26</p> <p>Friendly Friday Bring a friend for free (ID required)</p>	27
28	29	30	31			