

MAY 2018

HEALTH FI+NESS

Find your balance.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|---|---|--|
| | | 1 | 2 TRIAL CLASS YWCA Swim Combo Level 2/3, 6:30pm Registered Aquatics YWCA Freestyle Series STARTS | 3 Member Clinic Why all Women Should Lift Weights, 5:15pm with Ayda Ersoy Registered Aquatics YWCA Freestyle Series & Paul Cross Masters STARTS TRIAL CLASS NEW! YWCA Swim Gold, 9:00am | 4 Registered Aquatics YWCA Swim Level 3 STARTS TRIAL CLASS YWCA Swim Level 1, 5:15pm | 5 Registered Aquatics YWCA Swim Level 1 & Swim Level 2 STARTS |
| 6 Registered Aquatics YWCA Swim Level 1, Swim Level 2 & Mobility for Life STARTS | 7 Registered Aquatics YWCA Swim Level 1, Swim Combo Level 2/3 & Swim Level 3 STARTS | 8 TRIAL CLASS Seahiker Level 1, 6:00pm Seahiker Level 2, 7:15pm | 9 Registered Aquatics YWCA Swim Combo Level 2/3 STARTS | 10 Registered Aquatics NEW! YWCA Swim Gold STARTS TRIAL CLASS Seahiker Level 4, 6:15pm Seahiker Level 3, 7:30pm | 11 Registered Aquatics YWCA Swim Level 1 STARTS | 12 |
| 13 | 14 | 15 Registered Aquatics Sea Hiker Level 1 & 2 STARTS Meet the Trainer Alesya Bogaevskaya - How to Build Strong, Lean Legs, 1:00 & 1:30pm | 16 | 17 Pilates Reformer Intro / Level 1 Mixed STARTS Registered Aquatics Sea Hiker Level 3 & 4 STARTS | 18 | 19 |
| 20 | 21 Facility closed for Victoria Day | 22 Registered Program Women on Weights! & Corrective Exercise STARTS Pilates Reformer Level 2 STARTS | 23 | 24 Member Clinic Understanding Body Composition, 5:15pm with Ayda Ersoy | 25 Friendly Friday Bring a friend for free (ID required) Pilates Reformer Level 2 STARTS | 26 Registered Program Yoga for Sleep Workshop, 1:00 -4:30pm ONE DAY ONLY |
| 27 | 28 Registered Program Police Training STARTS Pilates Reformer Level 2 STARTS | 29 Member Measures Track your progress with a series of health and fitness measures. Lobby 11:30-1:30pm, 4:30-5:30pm | 30 Registered Program Rise to Shine STARTS Body Comp Analysis InBody 570, 6:00am - 1:00pm | 31 Body Comp Analysis InBody 570, 11:00am - 6:00pm | | |