

MAY 2019

HEALTH FI+NESS

Find your balance.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Registered Aquatics Paul Cross Masters Swim STARTS	3 Registered Aquatics YWCA Swim Level 3 STARTS	4 Registered Aquatics YWCA Swim Level 1 STARTS
5	6 Registered Aquatics YWCA Swim Level 1 STARTS YWCA Swim Combo Level 2/3 STARTS YWCA Swim Level 3 STARTS	7	8 Pilates Reformer Intro Level STARTS Registered Aquatics YWCA Swim Combo Level 2/3 STARTS	9 Registered Aquatics YWCA Swim Level 3 STARTS YWCA Swim Fit STARTS	10 Registered Aquatics YWCA Swim Level 1 STARTS	11
12	13 Pilates Reformer Intro Level STARTS	14 Registered Program LITE Squared™ STARTS Registered Aquatics YWCA Swim Level 1 STARTS YWCA Swim Level 2 STARTS	15 Member Clinic How Do You Breathe, 5:15 PM with Fleur Palliardi	16	17	18
19	20 Facility closed for Victoria Day	21 Pilates Reformer Intro/Level 1 Mixed STARTS Level 2 STARTS	22 Meet the Trainer Johanna Ward - Thai Yoga Stretches, 11-2pm. Register with Member Services.	23 Pilates Reformer Intro/Level 1 Mixed STARTS	24 Pilates Reformer Level 2 STARTS Meet the Trainer Johanna Ward - Thai Yoga Stretches, 4-7pm. Register with Member Services.	25
26	27 Registered Program Police Training STARTS	28 Registered One Day Workshop Healthy Snacks, 5:30-7 PM with Regan Courtney	29 Pilates Reformer Intro/Level 1 Mixed STARTS Member Measures Track your progress with a series of health and fitness measures. Lobby 11:30-1:30 pm, 4:30-5:30 pm	30	31 Friendly Friday Bring a Friend for Free (ID required)	