



NOVEMBER 2018

HEALTH  
FI+NESS

Find your balance.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>GET CONNECTED</b></p> <p>Join us in the lobby Friday, November 2 from 12-1:30pm and learn the different ways you can stay up to date on our news, events and promotions. Treats and prizes too!</p> <p>  Follow @ywcaHF            Like us on <a href="https://facebook.com/YWCAHF">facebook.com/YWCAHF</a> </p>				<p>1</p> <p><b>Registered Aquatics</b> YWCA Freestyle Intensive &amp; Masters STARTS</p> <p><b>TRIAL CLASS</b> YWCA Swim Gold, 9:00am with Steven</p> <p><b>Pilates Reformer</b> Intro / Level 1 Mixed STARTS</p>	<p>2</p> <p><b>Registered Aquatics</b> YWCA Swim Level 1 &amp; Swim Level 3 STARTS</p> <p><b>Pilates Reformer</b> Level 2 STARTS</p>	<p>3</p> <p><b>Registered Aquatics</b> YWCA Swim Level 1 STARTS</p> <p><b>Registered Program</b> Slimmer 30-30-30 STARTS</p>
<p>4</p> <p><b>Registered Aquatics</b> Mobility for Life STARTS</p>	<p>5</p> <p><b>Registered Aquatics</b> YWCA Swim Level 1, Swim Combo Level 2/3 &amp; Swim Level 3 STARTS</p> <p><b>Pilates Reformer</b> Level 1 &amp; Level 2 STARTS</p>	<p>6</p> <p><b>Registered Aquatics</b> YWCA Swim Level 1 STARTS</p> <p><b>Pilates Reformer</b> Intro / Level 1 Mixed &amp; Level 2 STARTS</p>	<p>7</p> <p><b>Registered Aquatics</b> YWCA Swim Combo Level 2/3 STARTS</p>	<p>8</p> <p><b>Member Clinic</b> Exercise is Medicine, 12:15pm with Dr. Don McKenzie</p> <p><b>Registered Aquatics</b> YWCA Swim Gold STARTS</p>	<p>9</p> <p><b>Feature Class</b> Retro Step, 12:15pm with Cathie. Retro clothing welcome!</p>	<p>10</p>
<p>11</p> <p>Facility closed for Remembrance Day</p>	<p>12</p> <p><b>Reduced Class Schedule</b></p>	<p>13</p>	<p>14</p> <p><b>Registered Program</b> Rise to Shine STARTS</p>	<p>15</p> <p><b>NEW! Cardio Core</b> 6-week series STARTS, 11:15am with Ayda Ersoy</p>	<p>16</p> <p><b>Feature Class</b> POUND, 5:15pm with Keiko. Ticket system in effect.</p>	<p>17</p>
<p>18</p> <p><b>Registered Program</b> Yoga For Sleep Workshop, 1:30-5:00pm</p>	<p>19</p> <p><b>Member Event</b> Meet the Health + Fitness Team Member Social, 12 PM in the Lobby. Draws, games and more!</p>	<p>20</p>	<p>21</p> <p><b>Body Comp Analysis</b> InBody 570, 6:30am-12:30pm with Ayda Ersoy</p>	<p>22</p> <p><b>Member Clinic</b> Improve your Flexibility &amp; Mobility, 5:15pm with Ayda Ersoy</p> <p><b>Meet the Trainer</b> Jody Sandler - Get Stronger, 1 &amp; 1:30pm. Register with Member Services.</p>	<p>23</p> <p>Facility closes at 6 PM for Bentall's Annual Power Shutdown</p>	<p>24</p>
<p>25</p>	<p>26</p>	<p>27</p> <p><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</p>	<p>28</p>	<p>29</p> <p><b>Registered Aquatics</b> YWCA Four Stroke Series STARTS</p>	<p>30</p> <p><b>Friendly Friday</b> Bring a friend for free (ID required)</p>	