

SEPTEMBER 2019

HEALTH FITNESS

Find your balance.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Facility closed for Labour Day	3 New Fall Class Schedules & Programming in Effect Pool Re-opens!	4 SEPTEMBER NO JOINER FEE!	5	6	7
8	9 OPEN HOUSE Sep 9-13 Invite family & friends for a free workout! Registered Aquatics YWCA Swim Level 3 STARTS	10 Member Clinic Meditation & Mindfulness, 5:15 pm with Adina Spivak Member Event DJ Dance Party, 5:15-7:30 pm	11 OPEN HOUSE Sep 9-13 Invite family & friends for a free workout! SEPTEMBER NO JOINER FEE!	12 Registered Aquatics Paul Cross Masters STARTS	13 OPEN HOUSE Sep 9-13 Invite family & friends for a free workout! Registered Aquatics YWCA Swim Level 3 STARTS	14
15	16 Registered Aquatics YWCA Swim Level 1 STARTS YWCA Swim Level 2/3 Combo STARTS	17 Pilates Reformer Intro/Level 1 Mixed STARTS Level 1/2 Mixed STARTS Registered Aquatics YWCA Swim Level 1 STARTS YWCA Swim Level 2 STARTS	18 Pilates Reformer Intro Level STARTS Intro/Level 1 Mixed STARTS Level 1/2 Mixed STARTS Registered Aquatics YWCA Swim Level 2/3 Combo STARTS	19 Pilates Reformer Intro Level STARTS Registered Aquatics YWCA Swim Fit STARTS	20 Pilates Reformer Level 1/2 Mixed STARTS Registered Aquatics YWCA Swim Level 1 STARTS	21 Registered Program Slimmer STARTS Registered Aquatics YWCA Swim Level 1 STARTS
22 Registered Aquatics Mobility for Life STARTS	23 SEPTEMBER NO JOINER FEE!	24 Registered Program LITE Squared 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	25 Registered Program Rise to Shine STARTS Member Clinic Beat the Flu, 5:15 pm with Sidney Shindle	26 Registered Program LITE Squared STARTS	27 Friendly Friday Bring a friend for a free workout (ID required)	28 Registered Program Functional Training STARTS
29	30 LAST DAY OF NO JOINER FEE!					