

SEPTEMBER 2018

HEALTH FITNESS

Find your balance.



COME IN FOR A WORKOUT BETWEEN SEPTEMBER 4 - 30 AND ENTER THE DRAW FOR A \$500 AIRLINE VOUCHER. One entry per day so come frequently to increase your chances! Contest available to members only. Terms & conditions apply.

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NO JOINER FEE until SEPTEMBER 14!

2	3 Facility closed for Labour Day	4 Fall Class Schedules & Programs START Member Challenge Workout to Win Sept 4 - 30 TRIAL CLASS YWCA Swim Level 1, 6:00pm & Swim Level 2, 7:15pm	5 TRIAL CLASS YWCA Swim Combo Level 2/3, 5:15pm	6 Registered Aquatics YWCA Swim Gold, Freestyle Intensive & Paul Cross Masters STARTS TRIAL CLASS NEW! YWCA Masters, 6:15pm	7 Registered Aquatics YWCA Swim Level 3 & Level 1 STARTS	8 TRIAL CLASS YWCA Swim Level 1, 11:00am Registered Aquatics YWCA Swim Level 2 STARTS
9	10 OPEN HOUSE September 10-14 Invite family & friends for a free workout! Registered Aquatics YWCA Swim Level 3, Level 1 & Combo Level 2/3 STARTS Registered Program Police Training STARTS Pilates Reformer Level 1 & Level 2 STARTS	11 Registered Aquatics YWCA Swim Level 1 & Level 2 STARTS Member Event DJ Dance Party, 5:15-7:15pm Pilates Reformer Intro/Level 1 Mixed & Level 2 STARTS	12 Registered Aquatics YWCA Swim Combo Level 2/3 & NEW! Swim Level 4/ Triathlon Series STARTS Pilates Reformer Level 1 & Level 2 STARTS	13 Pilates Reformer Intro/Level 1 Mixed STARTS	14 Pilates Reformer Level 2 STARTS	15 Registered Aquatics YWCA Swim Level 1 STARTS Registered Program Slimmer 30-30-30 STARTS
16 Registered Aquatics Mobility for Life STARTS	17	18 Member Clinic The Gut Brain Connection, 5:15pm with Heather Woodruff	19	20	21	22
23	24 Meet the Trainer: Steve Campbell - Strong Core, Strong You! 5:30 & 6:00pm. Register with Member Services	25 Member Measures Track your progress with a series of health and fitness measures. Lobby 11:30-1:30pm, 4:30-5:30pm	26 Registered Program Rise to Shine STARTS	27 Member Clinic Eat for your DNA, 5:15pm with Natalie McCrae	28 Friendly Friday Bring a friend for free (ID required)	29

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