

FIND YOUR BALANCE CALENDAR

MAY 2022

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------------|--|--|---|--|---|---|
| 1 | 2 - YWCA Swim Level 1, 2, and 3 STARTS - Vancouver Squash League | 3 - YWCA Swim Combo Level 2/3 STARTS - NEW WEEKLY CLASS Low & Sculpt w/ Melissa @ 12:15PM | 4 - YWCA Swim Level 1, 2, and 3 STARTS - NEW WEEKLY CLASS EmPOWER! w/ Leila @ 1:15PM | 5 - YWCA Swim Combo Level 2/3 STARTS - NEW WEEKLY CLASS HIIT w/ Olya @ 6:30PM | 6 - YWCA Swim Level 1, 2, and 3 STARTS - NEW WEEKLY CLASS Energizing Stretch w/ Johanna @ 4:15PM - Co-ed Squash Drop-in @ 6PM | 7 - YWCA Swim Level 1 STARTS |
| 8 - YWCA Swim Level 1 STARTS | 9 - Vancouver Squash League | 10 | 11 | 12 | 13 - Co-ed Squash Drop-in @ 6PM - Squash Club Championships FINALS | 14 |
| 15 | 16 - Vancouver Squash League | 17 | 18 | 19 | 20 - Co-ed Squash Drop-in @ 6PM | 21 - Level 1 and Level 2 STARTS - Slimmer 30 X 30 X 30 STARTS |
| 22 | 23 Facility closed for Victoria Day | 24 | 25 | 26 | 27 - Co-ed Squash Drop-in @ 6PM | 28 |
| 29 | 30 - Vancouver Squash League | 31 | | | LEGEND Registered Aquatics Pilates Reformer Registered Programming Squash Programming Group Fitness Class | |

Program Information: [Aquatics](#) | [Pilates Reformer](#) | [Registered Programs](#) | [Squash](#) | [Group Fitness](#)