

# PRIDE WEEK JUNE 23 - 30

YWCA Health + Fitness Centre is proud to present Pride week!  
We aim to foster a community of inclusion, respect and belonging.

## PRIDE THEMED GROUP FITNESS CLASSES

Join in for the fun! These classes will have Pride themed music playlists. We also encourage and welcome participants to wear bright and rainbow colours.

Class	Date	Time	Location	Instructor
DanceFit	Thursday, June 23rd	5:15pm - 6:15pm	Studio 1	Johanna
Cycle Express	Friday, June 24th	11:15am - 11:45am	Studio 2	Sandy
Power Hour	Sunday, June 26th	10:00am - 11:00am	Pool	Nicole
Indoor Cycling	Monday, June 27th	12:15pm - 1:00pm	Studio 2	Jill
Bollywood	Wednesday, June 29th	6:30pm - 7:30pm	Studio 1	Yeshvi

## DID YOU KNOW?

**There was a gay rights movement long before Pride Month.**

There is a storied history of LGBTQ activism in the United States that dates back decades before the Stonewall riots. In 1924, Henry Gerber, a German immigrant, founded the Society for Human Rights in Chicago; it was the first group to campaign for gay rights in the United States. In 1955, a group of women including Del Martin and Phyllis Lyons founded the Daughters of Bilitis in San Francisco, which emerged as the first lesbian rights group in the United States. In the 1960s, the Mattachine Society, the most prominent "homophile" organization in the U.S., held "annual reminders" at Philadelphia's Independence Hall every Fourth of July, where they advocated for lesbian and gay equality.

Source: [www.mentalfloss.com/article/647126/lgbtq-pride-month-facts-history](http://www.mentalfloss.com/article/647126/lgbtq-pride-month-facts-history)