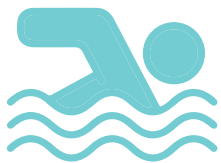


**INTERNATIONAL WOMEN'S DAY, FRIDAY, MARCH 8TH**  
**OPEN HOUSE**

In celebration of International Women's Day on Friday, March 8th, we are opening our doors to the community for complimentary workouts!

**Please invite a friend or family member for a workout, a swim, or attend a group fitness class for free!**



Join in the fun! These group fitness classes will have playlists featuring women artists:

7:30 - 8AM, Sculpt Express with Sandy, Studio 1

12:15 - 1PM, Cycle45 with Jennie, Cycle Studio

5:15 - 6:15PM, Zumba Toning with Maybelin, Studio 1

**FEATURE CLASS | STEP-DANCE-BREATHE, 1:15 - 2:15PM, STUDIO 1**

Experience a full body and mind workout with step, zumba, and meditation. Taught by Annie, Jennica, and Lisa!

**Save your spot in class in advance with Member Services or with the YWCA Health + Fitness mobile app.**



**YWCA Health + Fitness Centre**  
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