

YWCA IS ON A MISSION

MAY 2018 – Fitness Events

(Also available on website)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Please see weekly email for class updates, cancellations and subs. Our info is also on our website (see bottom of this sheet↓)  Find us on Facebook						
1		1 Aqua Arthritis Energizer time change: 9:10 – 10am <i>*Core Ball removed from schedule</i>	2 <u>NEW CLASSES!</u> 6am – 6:30am Spin with Shawn 6:35am – 6:55am Quick Abs & Stretch with Shawn	3	4	5
6 4pm Deep Stretch with Jane	7 YDub Tri Club starts!	8 Scuba Registration Deadline (\$)	9 10:30am Fitness Orientation (adults)	10	11 Flick & Float Registration deadline! (\$)	12
13 Happy Mother's Day! 	14	15 Scuba Orientation (\$)	16 6:20pm Fitness Orientation (youth & adults)	17	18 Flick & Float: Ferdinand and the Bull (\$)	19 Scuba Course (\$)
20 Scuba Course (\$) 4pm Deep Stretch with Jane	21	22	23 6:20pm Fitness Orientation (youth & adults)	24 Mental Health Registration deadline	25	26
27	28 Gym Hours: 8am – 5pm AM Child Care No Regular Classes	29 Mental Health First Aid Class 12pm – 4pm (FREE) *pre-reg	30	31 Mental Health First Aid Class 12pm – 4pm (FREE) *pre-reg		Updated 4/24

FITNESS ORIENTATIONS

NO need to sign up.

Meet in the **weight room**.

MEMBER Youth ages 13-17 years needing orientation may attend!

Wednesday, 5/9 @ 10:30am (adults)
 Wednesday, 5/16 @ 6:20pm (adults & youth)
 Wednesday, 5/23 @ 6:20pm (adults & youth)

May Class Updates:

Tuesday Aqua Arthritis Energizer: time change: 9:10am – 10am
 Tuesday 9:15am Core Ball removed from the schedule
 Wednesday 6am – 6:30am Spin with Shawn
 6:35am – 6:55am Quick Abs & Stretch with Shawn

Visit the website for details on:

- Scuba Course (\$)
- FREE Lake Wylie Swim Challenge @ YWCA
- Flick & Floats
- Mental Health First Aid Class (by Atrium Health)

Visit the YWCA Website, www.ywcacentralcarolinas.org, click Co-Ed Fitness, and Special Programs for details on the events mentioned above! You may also visit the YWCA Fitness Info Table at the YWCA.