

YWCA IS ON A MISSION

JULY 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 ↓) 						
1 4pm Deep Stretch with Jane	2	3	 Gym Closed Happy 4 th !	5 <i>Onsite Sign Up for 7/11 blood drive (4:30pm – 7:30pm)</i> <i>*Trainers Boot Camp Reg. Deadline</i>	6	7
8	9	10	11 4:30pm – 7:30pm Community Blood Drive 6:20pm Fitness Orientation	12	13 <i>*Technique Camp: Anatomy of T1 Reg. Deadline</i>	14
15	16 <i>Onsite Sign Up for 7/11 blood drive (9am – 12pm)</i>	17	18 6:20pm Fitness Orientation	19	20	21
22	23 9am – 12pm Community Blood Drive	24	25 6:20pm Fitness Orientation	26	27	28
29 4pm Deep Stretch with Jane	30	31 <i>*YDub Reg Deadline</i>				

FITNESS ORIENTATIONS

NO need to sign up.

Meet in the **weight room**.

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

Wednesday, 7/11 @ 6:20pm (adults & youth)

Wednesday, 7/18 @ 6:20pm (adults & youth)

Wednesday, 7/25 @ 6:20pm (adults & youth)

July Class Updates:

- Adult Swim removed from the schedule.
- 3 lap lanes available 12:30pm – 1:30pm (through August)

Visit the website for details on:

- Co-Ed Fall YDub Tri Club \$
- The Trainer's Boot Camp \$
- Register online for the Community Blood Drive in the YWAA parking lot: 7/11 (4:30pm – 7:30pm) & 7/23 (9am – 1pm)

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.