



# YWCA IS ON A MISSION

## JUNE 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 ↓) 					<b>1</b> <b>Adult Swim changes:</b> <b>12:30pm – 1:30pm for the summer!</b>	<b>2</b>
<b>3</b> <b>4pm Deep Stretch with Jane</b>	<b>4</b>	<b>5</b> <b>NEW CLASSES:</b> <b>9:30am Athletic Tone with Jody</b> <b>10:15am Quick Stretch &amp; Abs</b>	<b>6</b>	<b>7</b> <b>Aqua Yoga New Time: 9:15am – 10:15am</b>	<b>8</b> <b>Flick &amp; Float Registration deadline! (\$)</b>	<b>9</b>
<b>10</b>	<b>11</b>	<b>12</b> <b>Omega Sports Ladies' Night</b> <b>4:30pm – 7pm</b>	<b>13</b> <u>Building Water Shut-Off</u> <b>*All water aerobics classes &amp; swim lessons cancelled</b> <b>10:30am Fitness Orientation</b>	<b>14</b>	<b>15</b> <b>Flick &amp; Float: 6pm – 8pm</b> <b>Paddington 2 (\$)</b>	<b>16</b> <b>YDub Tri Club ends</b>
<b>17</b> <b>Happy Father's Day!</b> 	<b>18</b>	<b>19</b>	<b>20</b> <b>6:20pm Fitness Orientation</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b> <b>6:20pm Fitness Orientation</b>	<b>28</b>	<b>29</b>	<b>30</b> <b>Lake Wylie Swim Challenge Ends!</b>

Updated 5/24/18

### FITNESS ORIENTATIONS

**NO** need to sign up.

Meet in the **weight gym**.

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

Wednesday, 6/13 @ 10:30am (adults & youth)

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

Wednesday, 6/27 @ 6:20pm (adults & youth)

### June Class Updates:

- Adult Swim moves to 12:30pm – 1:30pm for Youth Program Swim lessons
- New Classes: 9:30am Athletic Tone & 10:15am Quick Stretch & Abs
- Wednesday 9:15am Cardio Strength removed from schedule
- Thursday Aqua Yoga time change: 9:15am – 10:15am
- Friday 11am Spin removed from schedule

Visit the YWCA Website, [www.ywcacentralcarolinas.org](http://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.