


YWCA IS ON A MISSION

AUGUST 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 NEW: 6pm – 6:55pm HIIT	2	3	4
5 4pm Deep Stretch with Jane	6 YDub Tri Club Starts! NEW: 6pm – 6:55pm HIIT	7	8 6:20pm Fitness Orientation	9	10	11
12	13	14	15 The Trainer's Boot Camp Ends! 6:20pm Fitness Orientation	16	17	18
19	20	21	22 6:20pm Fitness Orientation Pool closes at 6:45pm	23	24	25
26	27 *No classes in the MP Room – Getting Ahead Graduation *AM Classes move to the Studio! Pool closes at 6:45pm	28	29	30	31	

Updated 7/26/18

FITNESS ORIENTATIONS

NO need to sign up.

Meet in the **weight room**.

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

Wednesday, 8/8 @ 6:20pm (adults & youth)

Wednesday, 8/15 @ 6:20pm (adults & youth)

Wednesday, 8/22 @ 6:20pm (adults & youth)

August Class Updates:

- 2 lap lanes are available all day. 3 lap lanes are available 12:30pm – 1:30pm (through August)
- UPDATED: Monday and Wednesday HIIT Classes Extended: 6pm – 6:55pm (Thank you for the feedback!)
- REMOVED: Monday and Wednesday: 5:50pm Quick Sculpt & Tone
- REMOVED: Monday: Quick Tai Chi

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.