


YWCA IS ON A MISSION

SEPTEMBER 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  Find us on Facebook						1 *No Child Care Only Yoga Today: 10am Yoga Nidra with Hampton
2	3 Happy Labor Day! Gym Open: 8am – 5pm <i>*AM Child Care only</i> <i>*No regular classes</i>	4	5	6	7	8 NEW CHILD CARE HOURS! Test Class (no fee!) Kid Yoga <i>*Ages 3-5: 9am – 9:30am</i> <i>*Ages 6-12: 9:45am – 10:15am</i> NEW CLASS: 10:30am Cardio Strength with Drew
9 Pop-Up: 4pm Deep Stretch with Jane	10 NEW CLASS: 12pm – 12:45pm Tabata with Jody	11 Industrial Strength: Tai Chi Basics with Mike Gentile (\$10/class or \$50 for Series) 10am – 10:50am (Tuesdays: 9/11-10/16) Pop-Up: 6pm Barre/Pilates with Anne (MP Room)	12 6:20pm Fitness Orientation	13	14	15
16	17	18	19 6:20pm Fitness Orientation	20	21	22 Test Class (no fee!) Kid Yoga <i>*Ages 3-5: 9am – 9:30am</i> <i>*Ages 6-12: 9:45am – 10:15am</i>
23 Pop-Up: 4pm Deep Stretch with Jane	24	25	26 6:20pm Fitness Orientation	27	28	29 Test Class (no fee!) Family Yoga <i>*Ages 3-5: 9am – 9:30am</i> <i>*Ages 6-12: 9:45am – 10:15am</i>
30	*Updated 8/28/18		September Update Snapshot: <ul style="list-style-type: none"> 2 lap lanes are available all day. 3 lap lanes are available 12pm – 1pm REMOVED: Tuesday 9:30am Athletic Tone, 10:15am Quick Stretch & Abs, & Wednesday 8am Spin NEW CLASSES: <ul style="list-style-type: none"> o Mondays 12pm – 12:45pm Tabata with Jody (starts 9/10) o Saturdays 10:30am – 11:15am Cardio Strength with Drew (starts 9/8) o Saturday Test Class: Kids Yoga (MP Room) (No Fee!) <ul style="list-style-type: none"> Ages 3-5: 9am – 9:30am (8 kids) Ages 6-12: 9:45am – 10:15am (10 kids) Tai Chi Basics with Mike Gentile: Tuesdays 9/11 – 10/16 (\$) New Additional Child Care Hours! <ul style="list-style-type: none"> o Mon – Thurs: 9am – 1pm & Sat: 9am – 12pm (Begins 9/8) 			

FITNESS ORIENTATIONS

NO need to sign up.

Meet in the **weight room**.

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

Wednesday, 9/12 @ 6:20pm (adults & youth)
 Wednesday, 9/19 @ 6:20pm (adults & youth)
 Wednesday, 9/26 @ 6:20pm (adults & youth)