




YWCA IS ON A MISSION

NOVEMBER 2018 – Fitness Events

(Also available on website)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Mental Health Registration deadline 7-7:50pm Holiday Hustle & Flow starts! (\$)	2	3 9am-9:50am Holiday Hustle & Flow Workout (\$) <i>(continues throughout the month)</i>
4 Pop-Up: 3:45pm Deep Stretch with Jane	5  YW SPIRIT WEEK ALL WEEK!!!	6 ***NEW CLASS: 6:15 - 7pm LIIT (Low Impact Interval Training) with Shawn (MP Room)	7 Mental Health First Aid Class 12:30pm – 4:30pm (FREE) *pre-reg 6:25pm Fitness Orientation	8 Mental Health First Aid Class 12:30pm – 4:30pm (FREE) *pre-reg *6pm YW Event – (see info below)	9  Member Appreciation Day! Prizes & Surprises!!	10
11	12	13	14 6:25pm Fitness Orientation	15 6:15pm HIIT Class cancelled *6pm YW Event – (see info below)	16	17
18	19	20 6:15pm LITT Cancelled	21 Gym Hours: 5:45am – 7pm *AM Child Care Only *No regular classes	22  Happy Thanksgiving! CLOSED	23 Gym Hours: 8am – 5pm *No Child Care *No regular classes *Offices CLOSED	24
25 Pop-Up: 3:45pm Deep Stretch with Jane	26	27	28 6:25pm Fitness Orientation	29	31	Updated 10/25/18

FITNESS Orientations:

NO need to sign up.

Meet in the **weight gym**.

Youth ages 14-17 years needing orientation may come to this, too.

Wednesday, 11/7 @ 6:25pm
Wednesday, 11/14 @ 6:25pm
Wednesday, 11/21 @ 6:25pm

NOVEMBER HAPPENINGS

- NEW CLASS: LIIT (Low Impact Interval Training) with Shawn Tuesdays 6:15pm – 7pm
Tone up, sweat, and lengthen in this low impact interval class geared towards those that want a total body workout without impact on the joints. Perfect for seniors, those recovering from injury, and people that require low joint impact.

Visit the website for details on:

- 11/7-11/8 Free Mental Health First Aid Class (by Atrium Health)
- 11/8: 6pm Book Club: "The Color of Law" (pre-register online)
- 11/15: 6pm Racial Justice Forum: "Wilmington on Fire" film (pre-register online)