



YWCA IS ON A MISSION

OCTOBER 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	2 CONTINUED! Industrial Strength: Tai Chi Basics with Mike Gentile (\$10/class or \$50 for Series) 10am – 10:50am (Tuesdays: 9/11- 10/16)	3	4	5	6 Kid Yoga with Alex 9:30am – 10:15am (ages 3-10) FREE!!
7 Pop-Up: 4pm Deep Stretch with Jan	8	9 7pm Fitness Orientation	10	11	12	13
14 Pop-Up: 4pm Deep Stretch with Jane	15	16 7pm Fitness Orientation	17	18 6pm HIIT Cancelled due to YW Event	19 Registration Deadline for Flick and Float!	20 *See weekly email for class updates Super Hero Family Boot Camp FREE!! <small>*See below & website for details</small>
21	22	23 7pm Fitness Orientation	24 Classes moved to the STUDIO: *9am Move and Groove *12pm Tabata Registration deadline for Mystery Swim	25 5:25pm Black Light Spin with Jody 7-8pm Mystery Swim with Lisa (18+) Free!	26 10am Spooky Spin with Julianna Pop-Up: 11:10am Power Yoga with Grace (Studio) 6pm Flick & Float: Hocus Pocus (\$)	27
28	29	30	31  *NO PM Child Care *5:50pm Beetlejuice Spin (movie) *6pm Halloween Cardio Strength *6pm Yoga Cancelled			*Update 10/1/18

October Update Snapshot:

- Saturday Kid Yoga (MP Room) (No Fee!)
Ages 3-10: 9:30am – 10:15am (10 kids)
- Tai Chi Basics with Mike Gentile: Tuesdays 9/11 – 10/16 (\$)
- Superhero Family Boot Camp: FREE!
 - Group : ages 4-8 (10am – 10:25am)
 - Group B; Ages 9-12 (10:30am – 11am)
- See spooky classes on 10/25, 10/26, and 10/31!
- Halloween Schedule Updates: See calendar
- Additional Child Care Hours Continue!:
 - Mon – Thurs: 9am – 1pm & Sat: 9am – 12pm

FITNESS ORIENTATIONS

NO need to sign up.
Meet in the **weight gym**.
MEMBER Youth ages 13-17 years
needing orientation may attend!

Tuesday, 10/9 @ 7pm
Tuesday, 10/16 @ 7pm
Tuesday, 10/23 @ 7pm