

YWCA IS ON A MISSION

DECEMBER 2018 – Fitness Events

(Also available on website)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Updated 11/29/18						1 NO SPIN Holiday Hustle & Flow 3 miles fun race! (\$)
2	3	4 *8am – 5pm <i>Please enter building through door by the pool</i> *NEW: HIIT 6am – 6:30am HIIT 6:30am – 7am *NEW: *10am – 10:30am Spin *NEW: 5-5:30pm Aqua Tabata	5 Move & Groove and 12pm Tabata – <i>in the STUDIO due to YW event</i> No PM Spin *NEW Times: *5:30pm Aqua Boxing & *6:15pm Aqua Cardio	6	7 *NEW: 11am – 11:30am Spin Scuba Santa Registration Deadline (\$)	8 *NEW Time: 9:15am – 10am Spin with Tony *Childcare Available on Saturdays! (9am -12pm)
9 Pop-Up: 3:45pm Deep Stretch with Jane	10	11	12 Pop-Up Spin 5:25pm 6:30pm Fitness Orientation	13 6pm HIIT <i>Cancelled for housing event</i>	14 5pm Scuba Santa Pictures! (\$)	15 9:15am – 10am Spin with Tony
16	17	18	19 Pop-Up Spin 5:25pm 6:30pm Fitness Orientation	20	21	22 NO SPIN
23 Pop-Up: 3:45pm Deep Stretch with Jane	24 Christmas Eve Gym Hours: 9am – 2pm No classes No childcare	25 Christmas Day CLOSED	26 Regular Gym Hours & Class Schedule *NEW Time: 6:15pm Spin 6:30pm Fitness Orientation	27	28	29 9:15am – 10am Spin with Tony
30	31 New Year's Eve Gym Hours: <i>(weekly email will confirm!)</i> 5:45am – 2pm *AM Childcare Only *No classes	1 New Year's Day Gym Hours: 10am – 1pm *No Childcare -*No classes *Offices CLOSED		DECEMBER HAPPENINGS		

Visit the website for details on:

- New Tues 6am – 6:30am HIIT & 6:30 – 7am HIIT with Alex
- NEW: Tues 10am – 10:30am Spin with Julianna
- NEW: Tues, 5pm – 5:30pm Aqua Tabata with Julianna
- TIME/DAY CHANGE: Tues. Aqua Boxing moves to Wed: 5:30pm – 6:15pm with Drew
- TIME CHANGE: Wed Aqua Cardio moves to 6:15pm – 7pm with Shelley
- WED SPIN UPDATE: No class 12/5 • Pop-Up 5:25pm on 12/12 & 12/19 with Jody • New Time & Instructor 6:15pm on 12/26
- NEW: Fri 11am – 11:30am Spin with Julianna
- Select Saturday Spins with Tony 9:15am – 10am (12/8, 12/15, 12/29) *Utilize childcare!
- Childcare Hours: Mon – Fri: 9am – 12pm
*PM Hours Remain 5pm – 7pm Mon – Thurs
- **New Member 1-month Membership Deal!** (visit front desk for details)

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, 12/12 @ 6:30pm

Wednesday, 12/19 @ 6:30pm

Wednesday, 12/26 @ 6:30pm