

# YWCA IS ON A MISSION

## FEBRUARY 2019 – Fitness Events

(Also available on website)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <b>*NEW CLASS</b> 12pm – 12:30pm Aqua Tabata with Julianna	2 9am Aqua Boxing & Tabata with Drew (pool)
3	4	5 <b>*NEW CLASS</b> 5:35pm – 6:30pm Deep Water Work with Donna (pool)	6	7	8	9 <b>*Pool closes at 2pm for Orange Crush Swim Meet @ YWCA</b>
10 Pop-Up: 3:45pm Deep Stretch with Jane	11	12	13 6:30pm Fitness Orientation	14	15	16
17	18	19 Pop-Up: 7:05pm – 7:50pm Pilates on the Ball with Kay (Studio)	20 6:30pm Fitness Orientation	21	22 Member Appreciation Day!	23 <b>*Pool closes at 2pm for Orange Crush Swim Meet @ YWCA</b>
24 Pop-Up: 3:45pm Deep Stretch with Jane	25	26	27 6:30pm Fitness Orientation	28 *Fitness Bingo Challenge ENDS!		Updated 1/28/19

### FEBRUARY HAPPENINGS

Visit the website for details on:

- CLASS TIME UPDATE: Tues Tai Chi 9:45am – 10:45am (\$)
- NEW CLASS: Tues 5:35pm - 6:30pm Deep Water Work with Donna (pool)
- NEW CLASS: Fri 12pm - 12:30pm Aqua Tabata with Julianna (pool - shallow)
- CLASS UPDATE: Sat 9am - 9:50am Aqua Boxing & Tabata with Drew (pool - shallow)
- REMOVED: Wed 6am Spin and Wed 6:35am Quick Abs and Stretch
- Pop-Up: Tues, 2/19 (7:05pm – 7:50pm) Pilates on the Ball with Kay (Studio)
- Member Appreciation Day Fri, 2/22
- \*Pool Closes at 2pm on Sat, 2/9 & Sat, 2/23 for the Orange Crush Swim Team Meet
- Fitness Bingo Challenge ends Thurs, 2/28

### 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, 2/13 @ 6:30pm

Wednesday, 2/20 @ 6:30pm

Wednesday, 2/27 @ 6:30pm