

YWCA IS ON A MISSION

JANUARY 2019 – Fitness Events

(Also available on website)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 New Year's Day 10am – 2pm No child care No regular classes Offices Closed	2 *NEW TIME 6:15pm Spin	3	4	5 *NEW Instructor: 9:15am – 10am Spin with Tamara
6 Pop-Up: 3:45pm Deep Stretch with Jane	7	8 Tai Chi & Qigong Begins! (\$)	9 *Hot Water off in the building (8am – 5pm) Classes on as scheduled 6:30pm Fitness Orientation	10	11	12
13	14	15 Pop-Ups: Deep Water Aerobics 5:30pm – 6:25pm 6:30pm- 7:25pm with new instructor Donna!	16 6:30pm Fitness Orientation	17	18	19
20 Pop-Up: 3:45pm Deep Stretch with Jane	21 MLK Day Gym Hours: 8am – 5pm AM Child Care No regular classes Offices Closed Pop-Ups: *8:30am – 9:15am Spin *9:30am – 10:15am Pilates Fusion With Shawn *11am – 11:45am Spin with Tony	22	23 6:30pm Fitness Orientation	24	25	26
27	28	29	30	31 NO 6:15pm HIIT due to YW Event 6pm – 8pm Racial Justice Event		<i>Updated 1/3/18</i>

JANUARY HAPPENINGS

Visit the website for details on:

- NEW CLASS: 6:15pm Wed. Spin with Tamara
- Tai Chi & Qigong Returns! (\$) 1/8 – 2/12
- Visit the Industrial Strength Website for additional seasonal workout offerings!
- Visit the Front Desk to sign up for Fitness Bingo! (FREE!) Go at your own pace: 1/1 – 2/28.
- 20% Off Paid in Full Membership offer!
- **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, 1/9 @ 6:30pm

Wednesday, 1/16 @ 6:30pm

Wednesday, 1/23 @ 6:30pm