

YWCA IS ON A MISSION

MARCH 2019 – Fitness Events

(Also available on website)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 Pop-Up: 3:45pm Deep Stretch with Jane	4	5	6 IS: Beyond the Mat – Foam Rolling/Flexibility (\$) (7pm – 8pm)	7	8 Cancelled Today: *9am Move and Groove *10am HIIT *10:35am Quick Abs	9
10	11 IS: Push Past the Obstacle – Obstacle Course Training (\$) (3/11 – 4/3)	12	13 6:30pm Fitness Orientation	14	15	16
17 Pop-Up: 3:45pm Deep Stretch with Jane	18	19	20 6:30pm Fitness Orientation	21	22	23 IS: Kids Camp Crazy (\$) Ages 5-11 (3/23 – 4/13)
24 IS: Beyond the Mat – Functional Pilates The “What, Why, and How” (\$) (1:30pm – 3pm)	25	26	27 Pop-Up: 6pm Yoga will be a Handstand Yoga Class with Yael & Leah – free! 6:30pm Fitness Orientation	28	29 IS: Yoga for Stress/Anxiety (\$) (1:30pm – 3:30pm)	30
31 IS: Yoga for Stress/Anxiety (\$) (3pm – 5pm)						Updated 2/25/19

MARCH HAPPENINGS

Visit the website for details on:

- Swim Clinic Registration Open! (Runs: 4/15-5/16)
- Handstand Yoga Class: Wed, 3/27 @ 6pm with Yael & Leah
- Industrial Strength Programs: *See website for details!
 - Push Past the Obstacle (Runs 3/11 – 4/3)
 - Beyond The Mat Workshops: 3/6, 3/24, 3/29, 3/31, & 4/20)
 - Kids Camp Crazy (Runs 3/23 – 4/13)
 - Swim Your Way Thin (Runs 4/3 – 4/24)

FITNESS Orientations:

NO need to sign up.

Meet in the **weight gym**.

Youth ages 13-17 years needing orientation may come to this, too.

Wednesday, 3/13 @ 6:30pm

Wednesday, 3/20 @ 6:30pm

Wednesday, 3/27 @ 6:30pm