

YWCA IS ON A MISSION

MAY 2019 – Fitness Events

(Also available on website)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 NEW Spin Time: 5:45pm – 6:30pm 6:30pm Fitness Orientation	2 10:15am Fitness Orientation	3 NEW CLASSES: 7am & 8am Deep Water Work with Donna	4 NEW CLASS: 11:30am – 12:15pm Aqua Tabata
5	6 Pool opens at 7:30am NEW INSTRUCTOR: 6pm HIIT with Tamara	7 Pool opens at 7:30am NEW CLASS: 6:15pm Pure Strength with Shawn	8 Pool opens at 7:30am	9 Pool opens at 7:30am	10 Pool opens at 7:30am <i>*No 7am Water Class</i> Pop-Up: 12pm Deep Stretch with Jane	11 No 8:40am Aqua Boxing or 11:30am Aqua Tabata
12 Happy Mother's Day!	13	14	15 6:20pm Fitness Orientation	16 10:15am Fitness Orientation	17	18 Visit us at the Montford Park Block Party!
19 Pop-Up: 3:45pm Deep Stretch with Jane	20	21	22 6:20pm Fitness Orientation	23 10:15am Fitness Orientation <i>Spring Swim Clinic Ends</i>	24	25
26	27 Memorial Day <i>*Gym Hours: 8am – 5pm *AM Child Care Only *No Regular Classes *Offices Closed</i>	28	29 6:20pm Fitness Orientation	30 10:15am Fitness Orientation	31	
						<i>Updated 4/30/19</i>

MAY HAPPENINGS

Visit the website for details on:

- NEW CLASSES:
 - Mon 6pm HIIT with Tamara
 - Tues: 6:15pm Pure Strength with Shawn
 - Fri: 7am & 8am Deep Water Work with Donna
 - Sat 11:30am – 12:15pm Aqua Tabata with Drew
- REMOVED:
 - Mon 6am Spin
 - Tues 6am/6:30am HIIT (High Impact Interval Training)
 - Tues: 11:30am Spin
 - Tues 5pm Aqua Tabata
 - Tues 6:15pm LIIT (Low Impact Interval Training)
- TIME CHANGE: Wed 5:45pm – 6:30pm Spin with Tamara
- 5/1 – 5/2 Free Mental Health First Aid Class (by Atrium Health)
- Industrial Strength Programs: *See website for all program info!
 - YDub Crash Course into Triathlons (S)
 - Run MC Run Club Clinic Registration OPEN! (\$)
 - Double Dip Pool & Land Bootcamp

FITNESS Orientations:

NO need to sign up.
Meet in the **weight gym**.

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

Every Wednesday: 6:20pm – 7:20pm (Except 5/8)
Every Thursday: 10:15am – 11:15am (Except 5/9)