

YWCA IS ON A MISSION

November 2017 – Fitness Events

(Also available on website)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Please see weekly email for class updates, cancellations and subs. Our info is also on our website (see bottom↓)  Find us on Facebook			1 8am Spin NEW instructor – Diane	2	3	4 9am Spin – Diane King Tut Day: Walk like an Egyptian
5 (Clocks BACK) Daylight Savings	6 Priority Registration for Orange Crush Online/Front Desk	7 Election Day  10:30am Fitness Orientation with Drew	8	9 Spinlates registration deadline (\$)	10 Flick & Float Registration closes	11 8am Spin - Drew Veterans Day 
12 SPINLATES! (\$) 3pm – 3:45 Spin 4 – 4:45pm Pilates	13 Open Registration for Orange Crush Online/Front Desk	14 7pm Fitness Orientation with Drew	15	16	17 Flick & Float: 6pm – 8pm Smurfs: The Lost Village (\$) Take a Hike Day	18 9am Spin - Diane
19 4pm Deep Stretch with Jane	20	21 7pm Fitness Orientation with Drew	22 Closing at 7PM: Fitness: 5:45a-7p Pool: 5:45a-645p No PM Childcare No regular classes Go for a Ride Day	23 CLOSED Thanksgiving Day HOLIDAY 	24 Today's Hours: Fitness: 8a-5p Pool: 8a-445p NO childcare NO regular classes	25 8am Spin - Drew
26	27	28 Giving Tuesday	29	30		

ORANGE CRUSH Priority Registration OPENS MON, NOV 6 for PREVIOUS Orange Crush Swimmers & YWCA Members. OPEN Registration OPENS MON, NOV 13 (space permitting.) Register at www.ywcacentralcarolinas.org or at our Front Desk.

FITNESS Orientations:

NO need to sign up.

Meet in the **weight room**.

Youth ages 14-17 years needing orientation may come to this, too.

Tues, 11/7 @ 10:30am

Tues, 11/14 @ 7pm

Tues, 11/21 @ 7pm

NOVEMBER HAPPENINGS

- 8am Wednesday Spin New instructor – Diane

THANKSGIVING HOLIDAY HOURS:

WED, 11/22 : Open 5:45am-7pm (No PM Childcare/No regularly scheduled classes)

THURS, 11/23: CLOSED; Happy Thanksgiving!

FRI, 11/24: Open 8am - 5pm (No AM or PM Childcare/No regularly scheduled classes)