

YWCA IS ON A MISSION

December 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  Find us on Facebook					1 12-8pm everyone please use Special Needs changing Rooms & hallway for pool access	2 8am Spin – Grace
3	4 Nat'l Cookie Day	5 7pm Fitness Orientation with Drew	6	7 6:30pm – 7:30pm 12 Days of Christmas Swim with Lisa (no charge!)	8 Flick & Float Registration closes Nat'l Brownie Day	9 8am Spin - Drew
10 4pm Deep Stretch with Jane	11	12 7pm Fitness Orientation with Drew <i>Hanukkah begins at sundown</i>	13 All morning classes in the Studio today! 11:10am Tabata Cancelled	14	15 Flick & Float: Emoji Movie 6pm-8pm (\$) Nat'l Cupcake Day	16 10am – 12pm Unlocking the Future Celebration 8am Spin - Grace
17	18	19 10:30am Fitness Orientation with Drew	20 <i>Hanukkah ends</i>	21 First Day of Winter (Brrr!)	22	23 8am Spin – Drew Pool closes at 1pm
24 Christmas Eve Open 1-5pm 	25 CLOSED Christmas Holiday 	26 Fitness Hours: 7am – 5pm AM childcare only No regular fitness classes Kwanzaa Begins	27 6am Pilates cancelled today 5:30pm Glutes & Abs with Shawn	28 6am Pilates with Shawn Referral Challenge Begins! <i>*Every time a member joins referred by you, your name will be entered into a raffle for a \$50 Visa gift card! (12/28 – 1/31!)</i>	29	30 8am Spin - Drew
31 New Year's Eve Open 1-5pm Swim Challenge Ends!	FITNESS Orientations: NO need to sign up. Meet in the weight room . Youth ages 13-17 years needing orientation may come to this, too. Tuesday, 12/5 @ 7pm Tuesday, 12/12 @ 7pm Tuesday, 12/19 @ 10:30am					

Visit the YWCA Website, www.ywcacentralcarolinas.org, click Co-Ed Fitness, and Special Programs for details on the events mentioned above! You may also visit the YWCA Fitness Info Table at the YWCA.