

YWCA IS ON A MISSION

January 2018 – 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 Happy New Year!  Gym Hours: 10am – 2pm No Childcare No regular classes Offices Closed	2 8am Spin with Shawn 9am Move and Groove with Shawn	3	4	5	6 8am Spin - Drew
7 4pm Deep Stretch with Jane	8	9 7pm Fitness Orientation	10	11	12	13 8am Spin - Drew
14	15 Rev Martin Luther King, Jr Day Gym Hours: 8am – 5pm AM childcare only No regular classes Offices Closed	16 7pm Fitness Orientation POOL CLOSED	17	18	19	20 8am Spin - Drew
21 4pm Deep Stretch with Jane	22	23 10:30am Fitness Orientation	24	25	26	27 8am Spin - Drew
28	29	30	31			

FITNESS Orientations:

NO need to sign up.

Meet in the **weight room**.

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

Tuesday, 1/9 @ 7pm

Tuesday, 1/16 @ 7pm

Tuesday, 1/23 @ 10:30am

JANUARY HAPPENINGS

- **TRIAL SCHEDULE:** Over 15 new classes added!!
- **Childcare** *extended* to 7:30pm Mon – Thurs
- **20% off 12-month membership promotion!** (1/1 – 1/31)
- **Referral Challenge** – Enter to win \$\$\$
- **Invite a friend to start a 4-day FREE visit pass!**
- **New locker rooms OPEN in January!!**

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.