


# YWCA IS ON A MISSION

## March 2018 – Fitness Events

See website for weekly classes: <http://www.ywcacentralcarolinas.org/fitness/fitness-classes>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*This calendar showcases Pop-Up classes, monthly events, and schedule changes. Join the weekly email for regular class updates, cancellations and subs by emailing: <a href="mailto:jcanfield@ywcacentralcarolinas.org">jcanfield@ywcacentralcarolinas.org</a></p> <p> Find us on Facebook</p>				<p><b>1</b> *FREE Triathlon Challenge BEGINS! Join anytime! (3/1 – 3/31)</p>	<p><b>2</b> <b>NEW CLASSES:</b> 10am – 10:30am HIIT 10:35 – 10:50am Quick Abs Fast Track Adult Swim Lessons Registration OPEN! (2-hour lessons)</p>	<p><b>3</b></p>
<p><b>4</b></p>	<p><b>5</b></p>	<p><b>6</b> Scuba Course Registration Deadline (\$) <i>6pm Cardio Fit &amp; 6:40 Quick Abs/Stretch removed</i></p>	<p><b>7</b> <b>NEW CLASS!</b> 9:15am – 9:45am Cardio Strength</p>	<p><b>8</b></p>	<p><b>9</b> Splash &amp; Dash Registration CLOSES! (\$)  Flick &amp; Float Registration Deadline (\$)  </p>	<p><b>10</b> Clocks AHEAD Tonight!  </p>
<p><b>11</b> 4pm Deep Stretch with Jane</p>	<p><b>12</b> <b>NEW CLASS!</b> Aqua Tai Chi 9am – 9:45am with Drew (shallow water)</p>	<p><b>13</b> 10:30am Fitness Orientation</p>	<p><b>14</b>  Splash &amp; Dash Boot Camp Starts! (\$)  </p>	<p><b>15</b></p>	<p><b>16</b> Flick &amp; Float “Paddington” (\$)  </p>	<p><b>17</b> Scuba Course 1-5pm (\$)   Happy St Patrick’s Day</p>
<p><b>18</b> Scuba Course 1-5pm (\$)</p>	<p><b>19</b></p>	<p><b>20</b> International Day of Happiness   10:30am Fitness Orientation</p>	<p><b>21</b> Welcome, Spring!   6:20pm Fitness Orientation</p>	<p><b>22</b> Underwater Egg Hunt Registration CLOSES! (\$)  </p>	<p><b>23</b> Underwater Egg Hunt (\$)  *See registration form for age + times  *Pool closes at 4:30pm</p>	<p><b>24</b></p>
<p><b>25</b> 4pm Deep Stretch with Jane</p>	<p><b>26</b></p>	<p><b>27</b></p>	<p><b>28</b></p>	<p><b>29</b></p>	<p><b>30</b> Regular Fitness Hours NO regular classes  *Admin offices CLOSED for Easter weekend</p>	<p><b>31</b> Triathlon Challenge ENDS!</p>

### 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, 3/13 @ 10:30am

Tuesday, 3/20 @ 10:30am

Wednesday, 3/21 @ 6:20pm

### MARCH HAPPENINGS

- Tuesday 6pm Cardi Fit & 6:40 Quick Abs & Stretch, Wed 7pm HIIT off the schedule
- **NEW CLASSES:** Wed Cardio Strength 9:15am – 9:45am
- **NEW CLASS:** Friday 10 – 10:30am HIIT & 10:35am – 10:50am Quick Abs
- **FREE** Triathlon Challenge – participate inside or outside!
- 2-hour adult swim lessons! (\$)
- Childcare extended to 7:30pm Mon – Thurs evenings
- Invite a friend to start a 4-day FREE visit pass!

Visit the YWCA Website, [www.ywcacentralcarolinas.org](http://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.