

LIVE YOUR **BEST** LIFE

CHECK OUT THE YWCA'S HEALTH & WELLNESS CENTER DURING ITS

OPEN HOUSE!

Visit the YWCA Tuesday, September 30, 2014

Take a fitness class or a dip in the pool or both—for FREE! No strings attached, no visit limits, just sign in at the Front Desk to get access to our entire Health & Wellness Center from 6 a.m. to 9 p.m.

TRY ONE OF OUR FEATURED ACTIVITIES **FOR FREE**

6:00 - 8:40 a.m. Lap Swim	9:00 - 10:00 a.m. Core Bliss	12:00 - 12:30 p.m. "All Levels Yoga" with Laura	3:00 - 4:00 p.m. Chair Massage	6:30 - 7:30 p.m. Zumba
7:00 - 8:00 a.m. 50/50	10:00 - 11:00 a.m. Personal Trainer Meet & Greet	1:00 - 2:00 p.m. Open Swim	4:00 - 5:30 p.m. Personal Trainer Meet & Greet	7:30 - 8:30 p.m. Hoop Class
8:45 - 9:30 a.m. Water Exercise/ Deep Water Dip	11:00 a.m. - 12:00 p.m. Chair Massage	2:00 - 3:00 p.m. Ai Chi in the Pool	5:30 - 6:30 p.m. Yoga	Check out the Fitness Center anytime from 6 a.m. to 9 p.m.

For a complete listing of classes check out the fitness and pool schedule online or pick up a copy at the Front Desk.

ACHIEVE TOTAL FITNESS

**Enter our Drawing for a
13 week membership or
1 hour Personal Training Session
just for showing up!**

All guests and drop-in users must present a valid photo ID upon check-in at the front desk. No exceptions. All facility rules and member policies apply to guests. *You must be 18 years or older to participate in this drawing. This offer is only available for non-fitness plan members.

eliminating racism
empowering women
ywca

Central Massachusetts

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