



MARK YOUR
2012 CALENDAR

FRIENDLY FRIDAYS
Every FRIDAY
in May!

Bring a friend
for FREE.

Stop by membership
desk for more
information.

Girls on the Run 5k
Yankton Trail Park
Saturday, May 5
Open to public
13 & under \$10
13 & up \$15

Bunco Bash
Thursday, June 7
6 - 10 PM
\$30 player

Chip in for Children
Golf Benefit
Friday, July 27
Get together a team.

SPRING
FITNESS HOURS
Through May 28
Sunday
1pm– 5pm
Monday-Friday
6am - 9pm
Saturday
7am —5pm

YWCA MEMBERSHIP UPDATE

VOLUME 4, ISSUE 2

ywca
FITNESS
SPRING 2012

New Massage Therapist

The YWCA would like to welcome our new massage therapist Kindra Hedeem.

Kindra is scheduled Mondays from 8am to 1pm & Thursdays from 1pm to 5pm. Stop by our front desk to schedule your appointment or call (605)336-3660.

Springs Featured Fitness Class:

Monday - Thursday 9-9:45am
Low/High aerobic impact class!

Join us Monday - Thursday mornings from 9-9:45am in the YWCA aerobic studio. Start your morning off right with the low-high aerobic class. This class is a fun and easy to follow aerobic workout using weights and medicine balls. It will help you build strength and improve stamina. This class is for beginners to intermediate. Hope to see you there!

POOL HOURS

Lap swimming, water walking, and open adult swim
MONDAY-THURSDAY
6am-4pm & 5pm-6pm
FRIDAY 6am-5pm
SATURDAY 7am-5pm
SUNDAY 1pm-5pm

Go to our website
for the latest
YWCA member news!
www.ywca-sf.org

Spring Exercise Tips:

Become more active, pick three ways to live a more active lifestyle and stick with them. Try it for 21 days, most experts say it takes 21 days to form a habit. Find a partner, workout with another person that shares the same fitness / workout goals. Choose a fitness program that you enjoy and **stay away from those you don't, for example if you don't like yoga and enjoy swimming then join an aquatics class.** Schedule time for your exercise, make fitness part of your everyday life and commit yourself to accomplishing that days goal. Enjoy your fitness journey, just **like you didn't learn to walk or talk in one day.** It will take some time to adapt your lifestyle and accomplish goals.

Personal Training Time!

Sessions are offered in the pool or on land that will improve cardio and muscular development as well as benefit stress management and flexibility. The YWCA offers professional trainers that make training fun, educational, safe and rewarding with results.

Call Barb Young at 336-3660 ext. 205 to schedule personal training with Scott or Christina.

Prices:
\$25 per hour session
or
\$105 for 5 one hour sessions



After ten weeks of fun-filled challenges, hard work and dedication we are pleased to announce that **Nicole Meile-Anderson** is our



BIGGEST LOSER!!!

Nicole lost 12.3% of her total weight, 33 pounds total, 4.3% body fat, and 27 inches total!
WOW!

We are equally thrilled with the results from everyone who entered the challenge.

**WAY TO GO
BIGGEST LOSERS!**

Watch for details on the upcoming fitness challenge for summer!

The YWCA is a proud partner of United Way.

