

Sun'n Fun

WINTER EVENTS

NOVEMBER

Wednesday, November 3

Senior Potluck

11am-1pm | Multipurpose Room

Saturday, November 6

YWCA Run & Brunch

9-11am | Leftwich Park

Tuesday, November 9

Women's Book Club

Dinner & Movie

6-8pm | Multipurpose Room

Wednesday, November 10

Art Class

6:30-7:30pm | Multipurpose Room

Friday, November 12

Downward Dog & Donuts

8:30am | Room 108

Tuesday, November 16

Cooking with Chef Jeff

Chocolate Mousse

6-7pm | YWCA on University

Monday, November 29th

Retro HIIT Training

6pm | Fitness Center

DECEMBER

Thursday, December 2

Polar Express + Cocoa & Treats

6-8pm | Multipurpose Room

Tuesday, December 7

Women's Book Club

6-7pm | Multipurpose Room

Wednesday, December 8

Art Class

6:30-7:30pm | Multipurpose Room

Friday, December 10

Double Punch on Active Card

All Day | Sun 'n Fun

Tuesday, December 14

Cooking with Chef Jeff

Chili

6-7pm | YWCA on University

Tuesday, December 15

Yoga & Lattes

8:30am | Room 108

Tuesday, December 21

Kick 2021 Goodbye

5:30-6pm | Fitness Center

JANUARY

Tuesday, January 4

Women's Book Club

6-7pm | Multipurpose Room

Monday, January 10

Barre-Yoga 80's Night

6pm | Room 108

Thursday, January 13

Community Game Night

6:30-7:30pm | Multipurpose Room

Sunday, December 16

Dodgeball in the Gym

2-3pm | Gym

Tuesday, January 18

Cooking with Chef Jeff

Chicken & Dumplings

6-7pm | YWCA on University

Thursday, January 20

Family POUND Class

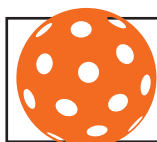
7pm | Gym

(ages 8+ only)

Monday, January 24

Zumba Glow Party

7-7:45pm | Fitness Center



PICKLEBALL in the GYM

Monday, Wednesday, Friday | 11am - 4pm

Tuesday & Thursday | 8am - 1pm

WINTER EVENT DESCRIPTIONS

ART CLASS

Sun 'N Fun Multipurpose Room

Wednesdays • Nov. 10 & Dec. 8 from 6:30-7:30 p.m.

Whether you're an accomplished artist or just interested in getting your feet wet, come join us as we create art. Don't worry, we'll supply everything for you, we just need you to join in the fun!

BARRE-YOGA • 80's NIGHT

Sun 'N Fun Room 108

Mondays • Jan. 10th from 6-7 p.m.

We're taking our Barre-Yoga Class back - come join the fun and hear some of your favorite classic tunes.

COMMUNITY GAME NIGHT

Sun 'N Fun Multipurpose Room

Thursday • Jan. 13 from 6-8 p.m.

Love board games? So do we! Come enjoy a variety of games and snacks at the YWCA!

COOKING WITH CHEF JEFF

YWCA on University Demonstration Kitchen

Tuesdays • Nov. 16, Dec. 14 & Jan. 17 from 6-7 p.m.

Chef Jeff Sierra will be sharing his healthiest recipes to help you improve your lifestyle and get on the right track with your cooking and eating.

DODGEBALL

Sun 'N Fun Gym

Sunday • Dec. 16 from 2-3 p.m.

Get ready to dodge and duck in our big dodge ball game. We'll use the entire gym and you'll have so much fun!

DOWNWARD DOG & DONUTS

Sun 'N Fun Room 108

Friday • Nov. 12 from 8:30-9:30 a.m.

Do some yoga and grab a donut, it's all namasté at Sun 'n Fun!

FAMILY MOVIE NIGHT

Sun 'N Fun Multipurpose Room

Tuesday • Dec. 2nd from 6-8 p.m.

Grab the fam and join us for fun and a great holiday family movie (Polar Express) plus sweets and treats.

FAMILY POUND®

Sun 'N Fun Gym

Thursday • Jan. 20 from 7-8 p.m.

*Grab the family (kids must be 8 or older to participate) and try our newest and most fun workout, POUND®.**

KICK 2021 GOODBYE

Sun 'N Fun Fitness Center

Tuesday • Dec. 21 from 5:30-6 p.m.

Bring a friend (it's FREE) to Kickboxing and show them how much fun it can be! You'll both have a ball as you punch, jab, and kick your way toward better balance, flexibility, coordination and endurance. You'll slash stress, too.

RETRO HIIT TRAINING

Sun 'N Fun Fitness Center

Monday • Nov. 29 from 6-7 p.m.

Get ready for some great old tunes and ready to HIIT it hard with this rockin' good time, special cardio class!

RUN & BRUNCH

Leftwich Chapman Park

Saturday • Nov. 6 from 9-11 a.m.

It's time to get outside, move your body and enjoy a little fall weather! We will have a one mile and a two mile course. You can crawl, walk or run, just MOVE YOUR BODY! We have room for you, your stroller and your dog (on a leash) so bring it! We will have tasty treats and beverages at the finish.

SENIOR POTLUCK

Sun 'N Fun Multipurpose Room

Wednesday • Nov. 3 from 11 a.m.-1 p.m.

It's time for the Senior Potluck at Sun 'N Fun. We will provide the main dish, you sign up to bring a side or a dessert. The sign-up sheet is at the front desk!

ZUMBA GLOW PARTY

Sun 'N Fun Fitness Center

Thursday • Jan. 24 from 7-8 p.m.

We're adding glow (sticks) to our super-fun Zumba workout for extra fun!

YOGA & LATTES

Sun 'N Fun Room 108

Wednesday • Dec. 15 from 8:30-9:30 a.m.

Top off your favorite yoga class with a warm and delicious latte!

WOMEN'S BOOK CLUB

Sun 'N Fun Multipurpose Room

Tuesdays • Nov. 9, Dec. 7 & Jan. 4 from 6-7 p.m.

Interested in reading books and sharing your take with a group? Come be a part of the Sun 'n Fun Women's Book Club. This great program will allow you to discuss books monthly in a group setting. We'll have snacks and lots of fun!