Register at 14StreetY.org/FitnessClasses
The Wellness Lunch and Learn Series is free for all!
NUTRITION 101
Monday, February 10 | 12:15 – 1:00 PM
Monday, January 6 | 12:15 – 1:00 PM
WELLNESS LUNCH AND LEARN SERIES
M $90, NM $100 per workshop (per individual)
CPR WORKSHOP:
and pop-ups throughout the year. From classes on nutrition to yoga intensives and CPR training workshops, we
Make a 6-week commitment to improve your fitness
will encourage and challenge you every step of the
you reach your fitness goals. Our certified fitness
NEW COUNTRY DAY CAMP
beautiful rooftop playground with sprinklers!
Our Prelude to Preschool program helps children
and for teens, as well as adult basketball leagues.
AQUA FITNESS CLASSES
Looking for a low-impact, full-body workout? Check
out our refreshing and fun aquatics fitness classes
Looking for a low-impact, full-body workout? Check
out our refreshing and fun aquatics fitness classes
GREAT PLAYS WITH DAVID STALLINGS
January 7 – March 17
Tuesdays | 1:30 – 3:00 pm
GREAT PLAYS WITH DAVID STALLINGS
January 7 – March 17
Tuesdays | 1:30 – 3:00 pm
DAYTIME KNITTING CIRCLE
January 10 – March 20
Fridays | 1:30 – 3:00 pm
No class 2/19
WHAT'S YOUR STORY?
January 15 – February 26
Wednesdays | 7:00 – 8:30 pm
WHAT'S YOUR STORY?
January 15 – February 26
Wednesdays | 7:00 – 8:30 pm
WHAT'S YOUR STORY?
January 15 – February 26
Wednesdays | 7:00 – 8:30 pm
WHAT'S YOUR STORY?
January 15 – February 26
Wednesdays | 7:00 – 8:30 pm
WHAT'S YOUR STORY?
January 15 – February 26
Wednesdays | 7:00 – 8:30 pm
WHAT'S YOUR STORY?
January 15 – February 26
Wednesdays | 7:00 – 8:30 pm
WHAT'S YOUR STORY?
January 15 – February 26
Wednesdays | 7:00 – 8:30 pm
WHAT'S YOUR STORY?
January 15 – February 26
Wednesdays | 7:00 – 8:30 pm
WHAT'S YOUR STORY?
January 15 – February 26
Wednesdays | 7:00 – 8:30 pm
WHAT'S YOUR STORY?
January 15 – February 26
Wednesdays | 7:00 – 8:30 pm
WHAT'S YOUR STORY?
January 15 – February 26
Wednesdays | 7:00 – 8:30 pm
WHAT'S YOUR STORY?
January 15 – February 26
Wednesdays | 7:00 – 8:30 pm
WHAT'S YOUR STORY?
January 15 – February 26
Wednesdays | 7:00 – 8:30 pm
WHAT'S YOUR STORY?
January 15 – February 26
Wednesdays | 7:00 – 8:30 pm
WHAT'S YOUR STORY?
January 15 – February 26
Wednesdays | 7:00 – 8:30 pm
WHAT'S YOUR STORY?
January 15 – February 26
Wednesdays | 7:00 – 8:30 pm
WHAT'S YOUR STORY?
January 15 – February 26
Wednesdays | 7:00 – 8:30 pm
WHAT'S YOUR STORY?
January 15 – February 26
Wednesdays | 7:00 – 8:30 pm
WHAT'S YOUR STORY?
January 15 – February 26
Wednesdays | 7:00 – 8:30 pm
WHAT'S YOUR STORY?
January 15 – February 26
Wednesdays | 7:00 – 8:30 pm
WHAT'S YOUR STORY?
January 15 – February 26
Wednesdays | 7:00 – 8:30 pm
WHAT'S YOUR STORY?
January 15 – February 26
Wednesdays | 7:00 – 8:30 pm
WHAT'S YOUR STORY?
January 15 – February 26
Wednesdays | 7:00 – 8:30 pm
WHAT'S YOUR STORY?
January 15 – February 26
Wednesdays | 7:00 – 8:30 pm
WHAT'S YOUR STORY?
January 15 – February 26
Wednesdays | 7:00 – 8:30 pm
WHAT'S YOUR STORY?
January 15 – February 26
Wednesdays | 7:00 – 8:30 pm
WHAT'S YOUR STORY?
January 15 – February 26
Wednesdays | 7:00 – 8:30 pm
WHAT'S YOUR STORY?
January 15 – February 26
Wednesdays | 7:00 – 8:30 pm
WHAT'S YOUR STORY?
January 15 – February 26
Wednesdays | 7:00 – 8:30 pm
WHAT'S YOUR STORY?
January 15 – February 26
Wednesdays | 7:00 – 8:30 pm
WHAT'S YOUR STORY?
January 15 – February 26
Wednesdays | 7:00 – 8:30 pm
WHAT'S YOUR STORY?
January 15 – February 26
Wednesdays | 7:00 – 8:30 pm
WHAT'S YOUR STORY?
January 15 – February 26
Wednesdays | 7:00 – 8:30 pm
WHAT'S YOUR STORY?
January 15 – February 26
Wednesdays | 7:00 – 8:30 pm