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## Update from The W 6.14.18

### New workout class for caregivers and babies/toddlers

Our newest fitness class, BYOB (Bring Your Own Baby), is for moms, dads, grandparents, or any caregiver (and their babies or toddlers) who want to support a healthy lifestyle for their family. Participants and their child will interact through exercises that will improve core strength, cardio, balance, and flexibility. This class will meet Saturdays, June 16-Aug. 4, from 9 to 10 a.m.

### Massage therapy special

Just in time for Father's Day (June 17), take advantage of special pricing on massage therapy. Through Sunday, June 17, prices are \$30 for 30 minutes, \$50 for 60 minutes, and \$75 for 90 minutes. Stop by the Welcome Desk to purchase gift certificates, which can be redeemed immediately.

### Tell your friends about our upcoming membership special

Tell your friends, now is the time to join The W! Now through June 30, new and returning members will have their activation fee waived, a savings of \$50 to \$80. All monthly fees still apply. Members enjoy reduced rates on programs through The W, including community recreation opportunities and fitness classes.

### Facility availability

The W will host several athletic camps this summer. Please check our [website](#) for field house availability during this busy time. Summer swim lessons have begun. Due to the number of classes and swimmers, morning swim lessons will overlap with lap swim Monday through Thursday from 11-11:15 a.m. We appreciate everyone's patience during this busy time.



### Hours

#### The W Hours:

Mon.-Thurs. 5 a.m.-9 p.m.  
Fri. 5 a.m.-7:30 p.m.  
Sat. 7 a.m.-5:30 p.m.  
Sun. 11 a.m. (Fitness area only)  
1-8 p.m.

#### Pool Hours:

Mon.-Fri. 5:15-7:45 a.m.  
(vortex and lap swim only)  
11 a.m.-1 p.m.  
(vortex and lap swim only)  
4-7 p.m. (open swim)

Saturday 7:30-9 a.m.  
(vortex and lap swim only)  
11 a.m.-5 p.m. (open swim)

Sunday 2-6 p.m. (open swim)

#### Climbing Wall Hours

Thurs.-Fri. 5-7 p.m.  
Sat.-Sun. 1-5 p.m.

#### Child Care Hours:

Mon.-Fri.  
8:30-11 a.m.  
4:30-7:30 p.m.



### Child care hours have changed

We have extended our child care hours on Tuesday and Thursday mornings. The area will open at 8 a.m. (instead of 8:30 a.m.) and will remain open through 11 a.m.

### Zesty Orange Hours:

Monday-Thursday: 7:30 a.m.-7 p.m.

Friday: 7:30 a.m.-6:30 p.m.

Saturday: 9 a.m.-4 p.m.

Sunday: 1-7 p.m.



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**W Welcome Desk: 319-352-8311 • [Email the W](#)**

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