

Community Events:



November 2019

Southshore
27151 East Lakeview Drive

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KIDS NIGHT OUT

Drop the kiddos off from 6-10pm for a night of fun and food to take advantage of the free adult time. Ages: Potty trained to 10 years old.
\$15 for the first child
\$10 for each additional child
Please register by the previous Wednesday.

November 8th Movie: Norm of the North

CHILD WATCH:
Child watch is only offered during fitness classes. Please call or email at least 2 business days in advance (not including weekends and holidays) to sign your child up.
720.870.2221
southshore@denverymca.org

CUB CLUB
Cub Club is the third Thursday of each month and is offered to kids ages 3-10. Register at the event or at the Southlands Management Office.

Fitness Instructors:

Yoga—Sydney

Strength Conditioning & Pilates—Melinda

Hiit /Bootcamp/Butts and Guts/On the Ball—Stacie

Nia—Cindy

Cardio Sculpt—Katie

| Sun | Mon | Tue | Wed | Thurs | Fri | Sat |
|-----|---|--|--|--|--|--|
| | | | | | 1 Boot Camp 9:15am-10:15am | 2 Nia 9-10am |
| 3 | 4 Yoga 9:30-10:30am Pilates 930-1030am | 5 On the Ball 9:15 am-10:15 am Strength & Conditioning 10:15am-11:15am Hiit 430-530 pm Cardio Sculpt 6-7pm Yoga 6-7pm | 6 Butts & Guts 9:15am-10:15am Pilates 9:30am-10:30am On the Ball(gym) 430-530pm | 7 Hiit 9:15am-10:15am Strength Conditioning 10:15am-11:15am Strength/Resistance Training 430-530pm | 8 Boot Camp 9:15am-10:15am *Kids Night Out 6-10pm at the Lakehouse | 9 Nia 9-10 am |
| 10 | 11 Yoga 9:30-10:30am Pilates 930-1030am | 12 On the Ball 9:15 am-10:15 am Strength & Conditioning 10:15am-11:15am Hiit 430-530 pm Cardio Sculpt 6-7pm Yoga 6-7pm | 13 Butts & Guts 9:15am-10:15am Pilates 930-1030am On the Ball(gym) 430-530pm | 14 Hiit 9:15am-10:15am Strength & Conditioning 10:15am-11:15am Strength/Resistance Training 430-530pm | 15 Boot Camp 9:15am-10:15am Tree Lighting and Carriage Rides 6pm @ the Lakehouse | 16 Nia 9-10 am |
| 17 | 18 Yoga 9:30-10:30am Pilates 930-1030am | 19 On the Ball 9:15 am-10:15 am Strength & Conditioning 10:15am-11:15am Hiit 430-530 pm Cardio Sculpt 6-7pm Yoga 6-7pm | 20 Butts & Guts 9:15am-10:15am Pilates 9:30am-10:30am On the Ball(gym) 430-530pm | 21 Hiit 9:15am-10:15am Strength Conditioning 10:15am-11:15am Strength/Resistance Training 430-530pm Cub Club 4-5pm | 22 Boot Camp 9:15am-10:15am | 23 Nia 9-10 am Holiday Hometown Parade Southlands Mall 6pm |
| 24 | 25 Yoga 9:30-10:30am Pilates 930-1030am | 26 On the Ball 9:15 am-10:15 am Strength & Conditioning 10:15am-11:15am Hiit 430-530 pm Cardio Sculpt 6-7pm Yoga 6-7pm | 27 Butts & Guts 9:15am-10:15am NO Pilates On the Ball(gym) 430-530pm | 28 Happy Thanksgiving Office Closed | 29 Office Closed | 30 |

indicates pre registration required