



# GROUP EXERCISE HOLIDAY SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**December 17 - December 23, 2018 UPDATED 12/13/18**

MONDAY 17		TUESDAY 18		WEDNESDAY 19		THURSDAY 20		FRIDAY 21	
				6:00a CYCLING S	Liz F				
8:30a Y Dance S	Fae	8:30a Simply Stretch YS	Lori	8:30a Y Dance S	Fae	8:30a Simply Stretch YS	Linda	8:30a Y Dance S	Fae
9:05a Yoga YS	Veronica	9:05a Dance Party S	Kate A	9:05a Aqua Combo P	MARK	9:05a GENTLE Yoga YS	Katie	9:05a Yoga YS	Veronica
9:15a Aqua Zumba P	Carol G.	9:15a Dig Deep P	Lori	9:35a Pilates S	Leslie	9:05a Zumba Gold S	Carol G.	9:05a Aqua Combo P	MARK
9:35a CYCLING S	Laurie			10:00a RESTORATIVE Yoga YS	Ann	9:15a Tethered P	Linda	9:35a CYCLING S	Sheri
10:40a Pilates/Core S	Cristin	10:05a Gentle H2O P	Lori			10:05a Gentle H2O P	Linda	10:40a Pilates/Ball S	Laurie
		10:15a Building Strength S	Fae			10:15a Building Strength S	Fae		
		11:15a Boot Camp (HIIT) S	Laurie			11:15a Boot Camp (HIIT) S	Laurie		
		11:15a Gentle Yoga	Alison			11:15am Tai Chi YS	John B.		
				4:15p Jr. Barbell Club WR	Kyle				
5:30pm Barbell Club WR	Todd	5:30p Yoga YS	Veronica			5:30p Yoga YS	Munna		
5:30p Vinyassa Flow YS	Veronica	5:30p Boot Camp S	Mark	5:30p Step S	Cristin	5:30p HIIT (boot camp) S	Kyle		
6:35p Zumba S	Jen	6:30p Zumba Toning S	Carol G.	6:05p Core & More S	Cristin	<i>6:30p NO CLASS Zumba Toning</i>		6:00p Zumba S	Tanya
		6:30p Aqua Zumba P	Mark	6:40p Zumba S	Carol G.				

**SPACES: S = Studio YS = Yoga Studio WR = Weight Room P= Pool**

Exercise classes are for 13 years + unless otherwise designated. See class description on reverse side. Proper clean footwear is required for all land classes with the exception of Pilates, yoga and stretch class. Schedule subject to change dependent on attendance. Youth under the age of 13 are not allowed to sit inside the studios or outside of the Studios.

**Cycling Class : OPEN CYCLING First come first serve Dec 17 - Jan 1, 2019**

SATURDAY 22		SUNDAY 23	
		9:15a CYCLING S	Liz F.
9:05a Step /Strong S	Cristin	10:30a <u>OCTAGON FAMILY*</u>	
10:05a CORE / Pilates S	Cristin		
11:15a Zumba S	Carol G.	12:00p DANCE PARTY S	Kristina
		4:30p STRONG S	Jen
		4:35p Yoga YS	Kelly

**What are your goals for 2019?**



# GROUP EXERCISE HOLIDAY SCHEDULE

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December 24 - January 1, 2019 UPDATED 12/13/18

MONDAY 12/24	TUESDAY 12/25	WEDNESDAY 12/26	THURSDAY 12/27	FRIDAY 12/28
8:30a Y Dance S Fae	<b>YMCA IS CLOSED</b>	<b>YMCA IS CLOSED</b>	8:30a Simply Stretch YS Laurie	8:30a Y Dance Fae
9:15a Aqua Zumba P Carol G			<i>NO GENTLE YOGA AT 9:00am</i>	9:05a Yoga YS Veronica
9:05a Yoga YS Veronica			9:05a Zumba Gold S Carol	9:05a Aqua Combo P Laurie
9:35a CYCLING S Laurie			9:15a Tethered P Laurie	9:35a CYCLING S Sheri
10:40a Pilates/Core S Cristin			10:05a Gentle H2O P Laurie	10:40a Pilates/Ball S Laurie
<b>YMCA CLOSED AT 2:00pm</b>			10:15a Building Strength S Fae	
	11:15a Boot Camp S Laurie			
	<i>NO TAI CHI CLASS AT 11:15a</i>			
	5:30p Yoga YS Munna			
			5:30p BOOT CAMP S Kyle	6:00p Zumba S Tanya
			<i>6:30p NO CLASS Zumba Toning</i>	
			SATURDAY 12/29	SUNDAY 12/30
			9:00a Step S Ginny	9:15a CYCLING S Liz F.
			10:05a Pilates S Sheila	12:00p DANCE PARTY S Kristina
			11:15a Zumba S Carol	4:30p ZUMBA TONING S Jen
				4:35p Yoga YS Linda
			MONDAY 12/31	TUESDAY 1/1/19
			8:30a Y Dance S Fae	9:30 CYCLING! S Liz
			9:15a Aqua Zumba P Carol G	<b>11:00-12:30pm Zumba/Dance Party with Jen and Tanya Dance Studio 13 yrs. and up HAPPY NEW YEARS DAY!!</b>
			9:05a Yoga YS Veronica	
			9:35a CYCLING S Laurie	
			10:40a Pilates/Core S Cristin	
			YMCA CLOSING AT 6:00pm	

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Cycling Class : OPEN CYCLING First come first serve Dec 18 - Jan. 1, 2017

*Happy New Year!*