



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

CHRISTMAS BREAK GROUP EXERCISE SCHEDULE

MON 12/23	TUES 12/24	WED 12/25	THURS 12/26	FRI 12/27	SAT 12/28	SUN 12/29
6:00a Strength Teresa	9:00a Strength Lee Ann	YMCA CLOSED	9:00a Strength Lee Ann	6:00a Strength Teresa		
9:00a Dance Fit Lee Ann				9:00a Zumba Cara	9:00a Dance Fit Kerin	
10:00a Silver Sneakers Teri	The YMCA will close at 12 PM				10:00a Kid Fit Christy	2:30p Yoga Brian
4:15p Bicycle Boxing Jessica			5:30p Strength Carissa	5:15p Dance Fit Kerin		
5:30p Dance Fit Kerin			6:00 (90 min) Pilates + Yoga Brian			
6:00 (90 min) Pilates + Yoga Brian	TUES 12/31	WED 1/1	THURS 1/2	FRI 1/3	SAT 1/4	SUN 1/5
6:00a Strength Teresa	9:00a Strength Lee Ann	YMCA CLOSED	9:00a Strength Lee Ann	6:00a Strength Teresa		
9:00a Dance Fit Lee Ann	10:15a Zumba Gold Jeannie		10:15a Zumba Gold Jeannie	9:00a Zumba Cara	9:00a Dance Fit Kerin	
10:00a Silver Sneakers Teri					10:00a Kid Fit Christy	2:30p Yoga Brian
4:15p Bicycle Boxing Jessica	The YMCA will close at 6 PM					
5:30p Dance Fit Kerin			5:30p Strength Carissa	5:15p Dance Fit Kerin		
			6:00 Pilates			