



HOLIDAY GROUP FITNESS CLASS SCHEDULE

December 17, 2017 - January 1, 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>17 1:00 pm: NuBody Tone 1:30 pm: Group Cycling</p>	<p>18 5:35 am: Group Cycling 5:45 am: Yoga 8:30 am: Water Fit 8:45 am: Group Cycling 9:20 am: Aqua Pilates 9:30 am: SilverSneakers 10:30 am: Parkinson W 11:30 am: PiYo 12:20 pm: Cycle & Abs 4:30 pm: Nubody Circuit 5:15 pm: Pilates 5:15 pm: Shallow Water 5:15 pm: TBC (Water) 5:20 pm: Heated Yoga 5:30 pm: Group cycling 5:35 pm: BRICKS</p>	<p>19 5:35 am: Group cycling 6:05 am: Strength Tr 8:30 am: Boot Camp H2O 9:30 am: Fit For Life 10:30 am: RS Boxing 10:30 am: LS YogaFlex 11:30 am: P90X 12:05 pm: Yoga (gentle) 12:20 pm: Group Cycling 1:30 pm: SilverSn Splash 4:30 pm: Cycling Basics 4:30 pm: NuBody 5:30 pm: Group Cycling 5:35 pm: Step & Strength 6:45 pm: TBC (water)</p>	<p>20 5:35 am: Group Cycling 5:45 am: Yoga 8:30 am: Y Water Fit 8:45 am: Group Cycling 9:30 am: SilverSneakers 10:30 am: PWR/Cycle 12:10 pm: Suspension Tr 12:10 pm: Group Cycling 4:15 pm: Heated Yoga 4:30 pm: BOOM Muscle 5:00 pm: BOOM Move It 5:15 pm: Pilates 5:15 pm: Aqua Zumba 5:35 pm: TBC (Water) 5:35 pm: BRICKS 5:45 pm: Boot Camp</p>	<p>21 5:35 am: Total Body Fus 8:30 am: Boot CampH2O 9:30 am: Fit For Life 10:30 am: LS YogaFlex 11:30 am: Strength Tr 12:05 pm: Yoga (gentle) 12:10 pm: Group Cycling 1:30 pm: SilverSn Splash 4:30 pm: Cycle Basics 4:30 pm: NuBody 5:30 pm: Group Cycling 5:35 pm: FS Kickboxing 6:45 pm: TBC (water)</p>	<p>22 5:35 am: Group Cycling 8:30 am: Water Fit 9:20 am: Aqua Pilates 9:30 am: SS Yoga 11:30 am: PiYo 12:10 pm: Group Cycling 12:15 pm: SpeedPack 4:30 pm: BOOM Muscle 5:00 pm: BOOM Move It</p>	<p>23 8:15 am: NuBody Plus 8:30 am: Group Cycling 9:00 am: Shallow Water 10:00 am: Heated Yoga</p>
<p>24 <i>Christmas Eve</i> The Y is closed.</p> 	<p>25 <i>Christmas Day</i> The Y is closed.</p> 	<p>26 5:35 am: Group cycling 8:30 am: Boot Camp H2O 9:30 am: Fit For Life 10:30 am: LS YogaFlex 11:30 am: P90X 12:05 pm: Yoga (gentle) 12:20 pm: Group Cycling 1:30 pm: SilverSn Splash 4:30 pm: Cycling Basics 4:30 pm: NuBody 5:30 pm: Group Cycling 5:35 pm: Step & Strength 6:45 pm: TBC (water)</p>	<p>27 5:35 am: Group Cycling 5:45 am: Yoga 8:30 am: Y Water Fit 8:45 am: Group Cycling 9:30 am: SilverSneakers 10:30 am: PWR/Cycle 12:10 pm: Suspension Tr 12:10 pm: Group Cycling 4:15 pm: Heated Yoga 4:30 pm: BOOM Muscle 5:00 pm: BOOM Move It 5:15 pm: Pilates 5:15 pm: Aqua Zumba 5:15 pm: TBC (Water) 5:35 pm: BRICKS 5:45 pm: Boot Camp</p>	<p>28 8:30 am: Boot CampH2O 9:30 am: Fit For Life 10:30 am: LS YogaFlex 11:30 am: Strength Tr 12:05 pm: Yoga (gentle) 12:10 pm: Group Cycling 1:30 pm: SilverSn Splash 4:30 pm: Cycle Basics 4:30 pm: NuBody 5:30 pm: Group Cycling 6:45 pm: TBC (water)</p>	<p>29 8:30 am: Water Fit 9:20 am: Aqua Pilates 9:30 am: SS Yoga 11:30 am: PiYo 12:10 pm: Group Cycling 12:15 pm: SpeedPack 4:30 pm: BOOM Muscle 5:00 pm: BOOM Move It</p>	<p>30 8:15 am: NuBody Plus 8:30 am: Group Cycling 9:00 am: Shallow Water</p>
<p>31 <i>New Year's Eve</i> Building Hours: 11 am - 4 pm No classes scheduled.</p>	<p>1 <i>New Year's Day</i> Building Hours: 11 am - 4 pm *12:00 pm: Group Cycling*</p>	<p><i>Jan. 2 - Winter Class Schedule Begins</i></p>				

Lap Swim	
Mon through Fri	5:45 - 8:25 am / 11:30 am - 1:25 pm
M/W/F	6:00 - 7:00 pm
Saturday, Dec 31	7:00 - 9:30 am
Sunday, Jan 1	11:00 am - 1:30 pm
Family Swim	
M/W/F	7:00 - 8:30 pm
Saturday, Dec 31	9:30 - 11:30 am
Sunday, Jan 1	1:30 - 3:30 pm

Schedule is subject to change.