



Y GROUP FITNESS

Holiday Changes & Adjustments

December 17 - January 1, 2018

Classes will run as-scheduled unless noted here.



Monday, Dec 17	No 5:35 am Mindfulness & Movement
Wednesday, Dec 19	No SPARK
Friday, Dec 21	No 12:10 Group Cycling
Sunday, Dec 23	No NuBody
Monday, Dec 24	Y is open 5:30 - 2:00. No classes scheduled except: • Water Exercise/Pilates: 8:30 - 10:00 am • Group Cycling with Sonia at 12:10 pm
Tuesday, Dec 25	Merry Christmas. The Y is closed. 
Wednesday Dec 26	No 12:00 Total Body Sculpt & Tone No 5:45 pm Boot Camp No SPARK
Friday, Dec 28	No 11:20 Stretch & Core or SpeedPack No 12:10 Group Cycling
Monday, Dec 31	Y is open 5:30 - 2:00. No classes scheduled except: • Water Exercise: 8:30 - 9:30 am • Group Cycling with Sonia at 12:10 pm
Tuesday, Jan 1	Y is open 11:00 - 4:00. No classes scheduled. Happy New Year! 
Wednesday, Jan 2	January schedule begins.

** Schedule is subject to change. Please check postings for possible adjustments.**

12//18/18