



Christmas Schedule

Monday:

5:30-6:15 Morning Cycle	Beth Wagner	MPR
5:45-6:45 Yoga	Cathy/Sara	AR
8:00-8:30 Circuits	Rachel	AR
8:30-9:15 Barre	Rachel	AR
12:15-12:45 Suspension	Beth	MPR
5:00-5:45 Pilates	Heather S.	MPR
5:00-5:30 Circuits	Jen O	AR
5:30-6:00 Muscle Tone	Jen O	AR
5:30-6:15 Boxing Conditioning	Riley	BFIT
6:30-7:15 POUND	Tamara	BFIT

Tuesday:

8:00-9:00 PowerCycle	Robin	MPR
8:30-9:15 Get Fit	Lisa	AR
8:30-9:15 PIYO	Beth	MPR
9:15-10:00 Row Ropes and Resistance	Lisa	AR
12:15-12:45 Noon Yoga	Cathy	AR

YMCA closes at 3pm

Wednesday: Merry Christmas!

Thursday:

5:45-6:15 Dirty 30 Camille	AR
8:00-8:30 HIIT Heather	AR
8:30-9:15 Get Fit Lisa	AR
8:30-9:15 Rock Bottom Heather W	BFIT
9:15-10:00 Strength Training 9:15-10:00 Lisa	AR
12:15-12:45 PIYO Beth	AR
4:00-5:00 Rowfit Jen O	AR
5:00-5:00 Bosu Pump Jen O	AR
5:30-6:30 Yoga Kelle	AR
5:45-6:45 Power Cycling Melissa	MPR
6:45-7:15 Pilates Melissa	MPR

Friday:

5:45-6:45 Yoga Cathy/Sara	AR
8:30-9:15 Basic Training Bootcamp Lisa	AR
9:15-10:00 Foam Roll and Stretch Heather W	AR
10:30-1:15 AOA Fitness Heather S.	AR
12:15-12:45 Noon Yoga Cathy	AR

Saturday:

5:45-6:45 Yoga Cathy/Sara	AR
8:30-9:30 Cycling Robin	MPR
9:00-9:45 Boxing Conditioning Riley	BFT

Monday 30th all classes on regular schedule

Tuesday 31 morning classes on regular schedule – YMCA closes at 3pm