



CHRISTMAS WEEK GROUP FITNESS MODIFIED SCHEDULE

December 22, 2025 - December 27, 2025

***ON DEMAND FITNESS available anytime a live class is not taking place**

Monday, Dec. 22nd

8:00A - 8:50A: STRETCH with Bob R.; Studio A
9:30A - 10:30A: FIT KIDS with Mary J. & Gracie C.; Gym
2:00P - 2:30P: THRIVE with Deb C.; Studio A

Tuesday, Dec. 23rd

6:00A - 6:45A: SPIN with Ashley K.; Studio C
8:00A - 8:50A: SENIOR STRENGTH with Donna W.; Studio A
9:30A - 10:30A: GENTLE YOGA with Meral J.; Studio A
5:30P - 6:30P: BODYBALANCE with Tiffany C.; Studio A
6:00P - 6:45P; 3G with Kim L.; Studio B

Wednesday, Dec. 24th

8:00A - 8:50A: STRETCH with Bob R.; Studio A

YMCA Facility Closing at 1pm

Thursday, Dec. 25th

MERRY CHRISTMAS!!

YMCA Facility Closed

Friday, Dec. 26th

8:00A - 8:50A: STRETCH with Bob R.; Studio A

Saturday, Dec. 27th

8:35A - 9:20A: BODYBALANCE with Chasity N.; Studio A
9:40A - 10:35A: ZUMBA with Zandra S.; Studio A

