



NEW YEARS WEEK GROUP FITNESS MODIFIED SCHEDULE

December 29, 2025 - January 3, 2025

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

Monday, Dec. 29th

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

2:00P - 2:30P: THRIVE with Deb C.; Studio A

Tuesday, Dec. 30th

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 Chasity N.; Studio A

6:00P - 6:45P: 3G with Kim L.; Studio B

Wednesday, Dec. 31st

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

YMCA Facility Closing at 5pm

Thursday, Jan. 1st

HAPPY NEW YEAR!!

YMCA Facility Closed

Friday, Jan. 2nd

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

9:30A - 10:30A: REFIT with Rosa K.; Studio A

10:35A - 11:20A; BODYBALANCE with Teresa M.; Studio A

12:15P - 12:45P: PILATES with Amanda G.; Studio A

Saturday, Jan. 3rd

8:35A - 9:20A: BODYBALANCE with Chasity N.; Studio A

9:40A - 10:35A: ZUMBA with Zandra S.; Studio A

