


December Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	
8:30am	Strong & Sweaty Anissa Studio A	HIIT Allison Large Gym	Group Power® Allison/Leslie Studio A	HIIT Leslie Large Gym	Sculpt & Tone Anissa Studio A	
9:30am	Pilates Allison Studio A	Group Cycle Leslie Cycle Studio	Zumba® Sandee Studio A	Group Cycle Leslie Cycle Studio	Yoga Cathy Studio A	
	Zumba® Sandee Large Gym	Zumba Gold Toning® Sandee Studio A	Aqua Boot Camp Carol Indoor Pool	Aqua Zumba® Sandee Pool (No class 12/26)	Aqua Zumba® Sandee Pool	
	Aqua Mix Carol Pool	Candlelight Yoga Myrna Studio A	Flow Yoga Cathy Studio A	Gentle Candlelight Yoga Sandee Studio A	Aqua Mix Allison Pool	
10:30am	Group Power® Allison Studio A	Aqua Mix Allison Pool	Tai Chi Flow Sandee Studio A	Aqua Mix Christina Pool	Group Power® Leslie Studio A	
	Aqua Zumba® Viktoria Pool	SilverSneakers® Classic Allison Studio A	Line Dance Judy Studio A	SilverSneakers® Classic Christina Studio A	SilverSneakers® Circuit Allison Studio A	
11:45am	SilverSneakers® Classic Wendy Studio A	Group Groove® Kelly Studio A	Adv Line Dance Judy Studio A	Group Cycle (45mins) Dana Cycle Studio	 <p>the YMCA</p>	
11:45am	Pedal & Pilates Allison Cycle Studio	Basic Step Becky Studio A	Aqua Mix Christina Pool	Group Groove® Kelly Studio A		
12:30pm	Chair Yoga (30mins) Sandee Studio A		Flow Yoga II Cathy Studio A	Group Power® Dana Studio A		
5:30pm	Group Power® Dana Studio A	<p>Pickleball Tues/Thurs @9:30am - 12:30pm Gym Outside courts open for play any time the facility is open</p>		<p>Facility closed 12/25 & 1/1/25 Please see modified schedule the week between Christmas & New Years Day</p>		
6:35pm	Group Cycle (45mins) Dana Cycle Studio					<p>Children 10 and up are permitted to participate in Group Exercise classes with a parent. However, children must be 13 to participate in Group Power and Group Cycle classes.</p>
	Flow Yoga Cathy Studio A	8:15am	Group Cycle Dana Cycle Studio			
6:35pm					9:30am	Aqua Mix Staff Pool (No class 12/28)
						Group Power® Dana Studio A
					10:35am	Basic Step Becky Studio A
					12:00pm	Salsa, Bachata Adam Studio A