

WELLNESS FLOOR CLASSES (December)

THE Y WILL BE CLOSED ON 12/24, 12/25, 12/31, 1/1

THERE ARE NO GROUP EXERCISE CLASSES THE WEEKS OF CHRISTMAS AND NEW YEARS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Circuit Silver Sneakers 8:15-9:00 am	TRX Small Group Training 5:15-6:00 am	Circuit Silver Sneakers 8:15-9:00 am		Yoga 8:00-8:45 am	
Cycle 9:15-10:00 am						Dance Fitness 11:30-12:15pm
Yoga 9:15-10:00am	Cycle 9:15-10:00 am	Dance Fitness 8:15-9:00 am	Strength Training 9:15-10:00 am	Cycle 9:15-10:00 am	Cycle 8:15-9:00 am	
Strength Training 10:15-11:00 am	Balance & Stability 9:15-10:00 am	Cycle 9:15-10:00 am	Cycle 9:15-10:00am	Balance & Stability 9:15-10:00 am	Tabata Timing 9:15-10:00 am	
Classic Silver Sneakers 11:15-12:00 pm	MX4 9:15-10:00 am	Yoga 9:15-10:00 am	Yoga 10:15-11:00 am	MX4 9:15-10:00am	Zumba 10:15-11:00am	
Circuit Silver Sneakers 12:15-1:00 pm	MX4 10:15-11:00 am	Strength Training 10:15-11:00 am		MX4 10:15-11:00am		
	Strength Training 10:15-11:00am	Classic Silver Sneakers 11:15-12:00 pm		Chair Yoga 10:15-11:00 am		
		Circuit Silver Sneakers 12:15-1:00 pm	TRX Small Group Training 5:15-6:00 pm	Classic Silver Sneakers 11:15-12:00 pm		
			HIIT 6:00-6:45pm	Circuit Silver Sneakers 12:15-1:00 pm		
Cycle 6:15-7:00 pm	HIIT 6:00-6:45 pm	Cycle 6:15-7:00 pm	Cycle 6:15-7:00 pm			
Strength Training 6:15-7:00 pm		Strength Training 6:15-7:00 pm				
TRX Small Group Training 7:15-8:00 pm	Yoga 7:15-8:00 pm	Yoga 7:15-8:00pm				

THE LAST CLASS IN DECEMBER IS SUNDAY 12/21/25

CLASSES WILL RESUME ON 1/4/26