



Holiday GROUP EXERCISE

DOWNTOWN YMCA

Extra Holiday Classes December 2011

| MONDAY 12-19 | TUESDAY 12-20 | WEDNESDAY 12-21 | THURSDAY 12-22 | FRIDAY 12-23 | SATURDAY 12-24 |
|--|--|--|--|--|---------------------------|
| 10-11am Piloxing™ S Laura | 10-11am Strength Training S Tonya | 10-11am Piloxing™ S Laura | 10-11am Strength Training S Tonya | | |
| MONDAY 12-26 | TUESDAY 12-27 | WEDNESDAY 12-28 | THURSDAY 12-29 | FRIDAY 12-30 | SATURDAY 12-31 |
| 10-11am Piloxing™ S Laura | 9-10am Y-Cycling CR Tonya | 10-11am Piloxing™ S Laura | 9-10am Y-Cycling CR Tonya | 10-11am Piloxing™ S Laura | |
| | 10-11am Free** Boot Camp | | 10-11am Free** Operation Fit | | |

Preregister for the classes at the Downtown YMCA Front Desk