



## HOLIDAY GROUP EXERCISE

**YORKTOWN YMCA**

**December 2011**

Extra Holiday Classes					
MONDAY 12/19	TUESDAY 12/20	WEDNESDAY 12/21	THURSDAY 12/22	FRIDAY 12/23	SATURDAY 12/24
			11:00-11:35a ZUMBA GOLD Sharon	4:30-5:30p STRENGTH Stephenie	10:30-11:15 TURBO KICK Monique
MONDAY 12/26	TUESDAY 12/27	WEDNESDAY 12/28	THURSDAY 12/29	FRIDAY 12/30	SATURDAY 12/31
10:15-11:00a Y-CYCLING April	4:00-4:45p COREBLAST Rebecca	5:40-6:30p PILOXING Megan	6:00-6:45p Y-CYCLING Dale	8:00-8:45a YOGA Tyler	8:00-9:00a STRENGTH April  9:15-10:00a Y-CYCLING Jarod