

# MCBURNIE YMCA

## Holiday Group Fitness Schedule

### 12/23/17 – 1/1/18



SATURDAY 23 <sup>rd</sup>					
START	END	CLASS	INST.	ROOM	LEVEL
10:30am	11:15am	Interval Training	Ryan	Studio 2	Open
11:30am	12:15pm	Spin®	John	Spin Studio	Open
11:00am	11:45am	Aqua Ex.	Val	Pool	Open
12:30pm	2:00pm	Hatha Yoga	Karen	Studio 2	Open
SUNDAY 24 <sup>th</sup>					
10:00am	10:45pm	Spin®	Sharon	Spin Studio	Open
11:30am	1:00pm	Iyengar Yoga	Brina	Studio 1	Open
MONDAY 25 <sup>th</sup> – CLOSED					
No classes - Christmas Day					
TUESDAY 26 <sup>th</sup>					
9:00am	10:00am	Tabata + Core	Toni	Studio 2	Open
10:00am	11:00am	Stretch & Release	Karen	Studio 1	Open
WEDNESDAY 27 <sup>th</sup>					
9:45am	10:45am	Total Body Con.	Joseph	Studio 1	Open
11:15am	12:30pm	AOA Gentle Yoga	Sharon	Studio 1	Open
6:05pm	7:00pm	Deep Definitions SCUPT	Sue	Studio 1	Open
THURSDAY 28 <sup>th</sup>					
9:00 AM	13:30am	Iyengar Yoga	Huma	Studio 2	Open
9:30am	10:15am	Pilates Mat	Jaqueline	Studio 1	Open
11:30am	12:15pm	Aqua Ex - Arthritis	Sharri	Pool	Open
12:00pm	12:45pm	Spin®	Michele	Spin Studio	Open
FRIDAY 29 <sup>th</sup>					
9:30am	10:30am	Total Body Cond	Ryan	Studio 2	Open
9:45am	10:45am	Arthritis: PACE	Rosanne	Studio 1	Open
5:30pm	6:45pm	Hatha/Vinyasa Yoga	Theresa	Studio 2	Open
SATURDAY 30 <sup>th</sup>					
11:30am	12:15pm	Spin®	John	Spin Studio	Open
11:50am	12:35pm	Aqua Ex.	Roseann	Pool	Open
12:30pm	2:00pm	Hatha Yoga	Karen	Studio 2	Open
SUNDAY 31 <sup>st</sup>					
10:00am	10:45pm	Spin®	Sharon	Spin Studio	Open
11:30am	1:00pm	Iyengar Yoga	Wendy	Studio 1	Open
MONDAY JAN 1 <sup>st</sup> – NO CLASSES					
No classes - New Year's Day					

**Classes are subject to change without notice.** We appreciate early-birds!  
Classes are closed to participants after 10 minutes of scheduled start time.