

MCBURNERY YMCA

Holiday Group Fitness Schedule

11/23/17 – 11/26/17



Thursday, Nov. 23rd

NO CLASSES – THANKSGIVING DAY

Friday, Nov. 24th

START	END	CLASS	INST.	ROOM	LEVEL
9:30 AM	10:25 AM	Interval	Ryan	Studio II	II & III
10:30 AM	11:30 AM	AOA Cardio Conditioning	Roseann	Studio I	I
12:00 PM	12:45 PM	Spin	Michele B.	Spin Studio	Open

Saturday, Nov. 25th

START	END	CLASS	INST.	ROOM	LEVEL
10:30 AM	11:30 AM	Total Body Conditioning	Ryan	Studio II	Open
11:30 AM	12:15 PM	Spin	John	Spin Studio	Open
11:50 AM	12:35 AM	Water Aerobics	Roseann	Pool	Open
12:30 AM	2:00 PM	Yoga	Karen	Studio I	II & III

Sunday, Nov. 26th

START	END	CLASS	INST.	ROOM	LEVEL
10:00 AM	10:45 AM	Spin	Sharon	Spin Studio	Open
11:30 AM	1:00 PM	Yoga	Wendy	Studio I	II & III

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