





Holiday Group Fitness Schedule

St. Marys YMCA

December 23, 2018– January 5, 2019



December 23	December 24	December 25	December 26	December 27	December 28	December 29
	NO CLASSES!	MERRY CHRISTMAS 	NO CLASSES!	6:15 – 7:00am Be Powerful 5:40pm – 6:10 pm Booty Camp 6:15pm – 7:10 pm Circuit	9:30 – 10:30 am Yoga	NO CLASSES!
December 30 th	December 31 st	January 1	January 2	January 3	January 4	January 5
	NO CLASSES!	 Resolution Workout 9:30 – 10:30	6:15 – 6:55am Cycle Fit 9:10 – 10:15 am Circuit	6:15 – 7:00am Be Powerful 7:10 – 7:40am Cycle Fit 5:40pm – 6:10 pm Booty Camp 6:15pm – 7:10 pm Circuit	9:30 – 10:30 am Yoga 1:30 – 2:30 pm Gentle Fitness II	7:30 – 8:30 Instructor's Choice



Stratford-Perth
YMCA
 St. Marys Branch

December 23 6:30am – 4pm
 December 24 7am – 2pm
 December 25 CLOSED
 December 26 7am – 2pm
 December 27 6am – 10pm
 December 28 6am – 10pm
 December 29 6:30 am – 4pm

December 30 6:30am – 4pm
 December 31 7am – 2pm
 January 1 7am - 2pm
 January 2 6am – 10pm
 January 3 6am – 10pm
 January 4 6am – 10pm
 January 5 6:30 am – 4pm