





Holiday Group Fitness Schedule

St. Marys YMCA

December 22, 2018– January 4, 2019



December 22	December 23	December 24	December 25	December 26	December 27	December 28
	6:15 – 7:00am Tabata Circuit 8:30 -9am Step 9:05 - 10:05 Tone & Stretch	NO CLASSES!	MERRY CHRISTMAS 	NO CLASSES!		NO CLASSES!
December 29	December 30	December 31	January 1	January 2	January 4	January 5
	6:15 – 7:00am Tabata Circuit 8:30 -9am Step 9:05 - 10:05 Tone & Stretch	NO CLASSES!	 Resolution Workout 9:30 – 10:30	6:15 – 7:00am Be Powerful 7:10 – 8:00am Cycle Fit 9:30 - 10:30 Yoga 5:00 - 6:10 pm Cycle Fit 5:40 - 6:10 Booty Camp 6:15 - 6:45 QUICK FITT 6:45 - 7:15pm Step	1:30 – 2:30 pm Gentle Fitness II	7:30 – 8:30 Instructor's Choice



Holiday Hours

Stratford-Perth
YMCA
 St. Marys Branch

December 22 6:30am – 4pm
 December 23 6:00 am – 10pm
 December 24 7am - 2pm
 December 25 CLOSED
 December 26 7am - 2pm
 December 27 6am – 10pm
 December 28 6:30 am – 4pm

December 29 6:30 am – 4pm
 December 30 6:00 am - 10pm
 December 31 7am - 2pm
 January 1 7am - 2pm
 January 2 6am – 10pm
 January 3 6am – 10pm
 January 4 6:30 am – 4pm