




Holiday Group Fitness Schedule

St. Marys YMCA

December 20, 2020– January 2, 2021

*All Classes Subject to Change in alignment with Covid-19 Protocols



December 20	December 21	December 22	December 23	December 24	December 25	December 26
	6:15 – 7:00am Tabata Circuit 9:05 - 10:05 Tone & Stretch	5:30pm – 6:30pm Cycle & Strength	6:15 – 7:00am Cycle Fit 6:30pm – 7:30pm Yoga		MERRY CHRISTMAS 	NO CLASSES!
December 27	December 28	December 29	December 30	December 31	January 1	January 2
	6:15 – 7:00am Tabata Circuit 9:05 - 10:05 Tone & Stretch	5:30pm – 6:30pm Cycle & Strength	6:15 – 7:00am Cycle Fit 9:05 - 10:05 Interval Training 6:30pm - 7:30pm Yoga	9:30am - 10:30am Yoga	 9:30 – 10:30 Resolution Workout	8:30 – 9:30 Be Powerful



YMCA OF THREE RIVERS
St. Marys Branch

December 20	7:00am – 12 noon	December 27	CLOSED
December 21	6:00 am - 8:00 pm	December 28	6:00am – 8:00 pm
December 22	6:00 am – 8:00pm	December 29	6:00 am - 8:00pm
December 23	6:00 am – 8:00pm	December 30	6:00 am - 8:00pm
December 24	6:30 am – 2:00pm	January 31	6:30 am - 2:00pm
December 25	CLOSED	January 1	7:00 am – 12:00 pm
December 26	CLOSED	January 2	7:00 am – 3:00 pm