




# HOLIDAY GROUP EXERCISE SCHEDULE DECEMBER 22-JAN 3<sup>rd</sup>

## ROOM 1 ROOM 2 INDOOR CYCLE STUDIO

**\*\* New Express Circuit (limited time)-** full body work out using body weight, bands, and small weights. Go at your own pace. All fitness levels welcome!



Monday 12/22	Tuesday 12/23	Wednesday 12/24	Thursday 12/25	Friday 12/26	Saturday 12/27
YOGA 5:00-6:00a	CYCLE 5:15-6:15a 	YOGA 5:00-6:00a	<b>MERRY CHRISTMAS YMCA CLOSED</b>		GROUP POWER 8:00-9:00a
GROUP POWER 5:15-6:15a	*EXPRESS CIRCUIT 8:45-930a	GROUP POWER 5:15-6:15a			CYCLE (with Sarah) 9:15-10:00  
*EXPRESS CIRCUIT 8:45-9:30a	ZUMBA 9:50-10:50a	*EXPRESS CIRCUIT 8:45-9:30a		GROUP POWER 845-945a	QIGONG 10:00-11:00
GROUP POWER 9:30-10:30a	CYCLE 6:00-7:00p 	GROUP POWER 9:30-10:30a			
GROUP POWER 6:00-7:00p	YOGA 6:30-7:30p	YMCA CLOSES AT 12pm  MERRY CHRISTMAS EVE			
QIGONG 6:30-7:30p					

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**\*\* SATURDAY ZUMBA RETURNS! - With Nitza starting 1/3**

Monday 12/29	Tuesday 12/30	Wednesday 12/31	Thursday 1/1	Friday 1/2	Saturday 1/3
YOGA 5:00-6:00a	CYCLE 5:15-6:15a 	YOGA 5:00-6:00a	HAPPY NEW YEAR 2026! YMCA CLOSED	YOGA 5:00-6:00a	GROUP POWER 8:00- 9:00a
GROUP POWER 5:15-6:15a	*EXPRESS CIRCUIT 8:45-9:30a	GROUP POWER 5:15-6:15a			*ZUMBA 9:00- 10:00
*EXPRESS CIRCUIT 8:45-9:30a	ZUMBA 9:50-10:50a	*EXPRESS CIRCUIT 8:45-9:30a		GROUP POWER 845-945a	QIGONG 10:00- 11:00
GROUP POWER 9:30-10:30a		GROUP POWER 9:30-10:30a			
	CYCLE 6:00-7:00p 				
GROUP POWER 6:00-7:00p	YOGA 6:30-7:30p	YMCA CLOSES AT 12pm  HAPPY NEW YEARS EVE			
QIGONG 6:30-7:30p					