



**FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Interim Group Fitness Schedule December 24th, 2018 — January 5th, 2019

YFIT-

**When: Class A: Mon, Wed & Fri. 9:30 -10:15am
(Dates: Dec 24th, Dec 26th, Dec 28th, Dec 31st, Jan 2nd & 4th)
Class B: Tues & Thurs 4:30-5:15pm
(Dates: Dec 27th & Jan 3rd)
Class C: Mon & Wed 6:30-7:15pm
(Dates: Dec 26th & Jan 2nd)
Cost: Class A-C: \$FREE – Members + General Public**

Boot Camp-

**When: Class A: Mon & Wed 4:15 – 5:15pm
(Dates: Dec 26th & Jan 2nd)
Class B: Mon & Wed 5:30-6:15pm
(Dates: Dec 26th & Jan 2nd)
Class C: Mon, Wed, & Fri 5:45-6:15am
(Dates: Dec 24th, Dec 26th, Dec 28th & 31st, Jan 2nd & 4th)
Cost: Class A-C: \$FREE– Members + General Public**

Sit N Get Fit-

**When: Tues & Thurs 9:30-10:15am
(Dates: Dec 27th & Jan 3rd)
Cost: \$FREE – \$Members + General Public**

Yoga-

**When: Monday or Thurs 4-5pm
(Dates: Dec 27th & Jan 3rd)
Cost: \$FREE – \$Members + General Public**

**Please note: We will be closed on Monday December 25th &
Tuesday January 1st in observation of the holidays.**