

# GROUP EX SCHEDULE

## Holiday Break Weeks

**12.21-12.28.24**

GROUP EX ROOM		BASKETBALL GYM		ORR ROOM	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>MERRY CHRISTMAS! YMCA CLOSED</b>			<b>PICKLEBALL 7:00-8:30A WHOLE GYM</b>
TONING 8:15-9:00A JESSICA				TONING 8:15-9:00A JESSICA	
PICKLEBALL 9:15A-12:00P WHOLE GYM			PILATES 9:00-9:45A JANE	PICKLEBALL 9:15A-12:00P WHOLE GYM	
CARDIO DRUMMING 10:30-11:15A SHEENA	CARDIO DRUMMING 10:00-10:45A SHEENA		CARDIO DRUMMING 10:00-10:45A SHEENA		
			SILVER SNEAKERS CLASSIC 10:00-10:45A JANE		
			SILVER SNEAKERS CLASSIC 11:00-11:45A JANE		
SPIN & TONE 6:00-7:00P BECKY	<b>CHRISTMAS EVE YMCA CLOSSES AT NOON</b>				
BOOTCAMP 7:00-7:45P DEMICA					

**12.29.24-1.4.24**

GROUP EX ROOM		BASKETBALL GYM		ORR ROOM	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>HAPPY NEW YEAR! YMCA CLOSED</b>			<b>PICKLEBALL 7:00-8:30A WHOLE GYM</b>
TONING 8:15-9:00A JESSICA				TONING 8:15-9:00A ALI	
PICKLEBALL 9:15A-12:00P WHOLE GYM	PILATES 9:00-9:45A JANE		PILATES 9:00-9:45A JANE		
CARDIO DRUMMING 10:30-11:15A SHEENA	CARDIO DRUMMING 10:00-10:45A SHEENA		CARDIO DRUMMING 10:00-10:45A SHEENA	PICKLEBALL 9:15A-12:00P WHOLE GYM	
	SILVER SNEAKERS CLASSIC 10:00-10:45A JANE		SILVER SNEAKERS CLASSIC 10:00-10:45A JANE		
	SILVER SNEAKERS CLASSIC 11:00-11:45A JANE		SILVER SNEAKERS CLASSIC 11:00-11:45A JANE		
SPIN & TONE 6:00-7:00P BECKY	<b>NEW YEAR'S EVE YMCA CLOSSES AT NOON</b>				
BOOTCAMP 7:00-7:45P DEMICA					