

PENINSULA FAMILY YMCA GROUP EXERCISE HOLIDAY SCHEDULE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CHRISTMAS EVE

MONDAY, 12/24 | Facility Hours: 7am-2pm

7:35am	Aqua Fit/Deep	Sallie	P
9:00am	BODYPUMP	Diana	GRX
10:00am	Stretch/Strength	Sarah V	MPR
10:00am	Fusion Yoga	David	GRX
11:00am	Dance	Sarah V	MPR
11:05am	Aqua Fit	Marion	P

CHRISTMAS DAY

TUESDAY, 12/25 | All YMCAs CLOSED

NEW YEAR'S EVE

MONDAY, 12/31 | Facility Hours: 7am-2pm

7:00am	Pilates	Robyn	GRX
7:35am	Aqua Fit/Deep	Sallie	P
9:00am	ZUMBA	Rachel	GRX
9:00am	BODYPUMP	Diana	GRX
10:00am	Stretch & Strength	Sarah V	MPR
10:00am	Fusion Yoga	David	GRX
11:00am	Dance	Sarah V	MPR
11:05am	Aqua Fit	Marion	P

NEW YEAR'S DAY

TUESDAY, 1/1 | Facility Hours: 7am-2pm

7:00am	Cardio Blast	Megan	GRX
8:00am	Core Fit	Megan	GRX
9:00am	Cycling	Elizabeth	MPR
9:00am	Stability Ball	Julie C	GRX
10:00am	BODYPUMP	Sarah M	GRX
11:30am	ZUMBA	Rachel	GRX