

STUDIO

DECEMBER 2024

INTERIM SCHEDULE 12/22/24-1/1/25



No Classes 12/24, 12/25, 12/31 & 1/1/25

Rev 12/5

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Les Mills BODYPUMP™ 5:30am – 6:30am Holly B				Yoga 7:00am – 7:45am Janice	
	SilverSneakers® Yoga 8:00am – 8:45am Brandon	12/24/24 CHRISTMAS EVE Hours: 5:00am-Noon NO CLASSES	12/25/24 CHRISTMAS DAY CLOSED	Les Mills BODYBALANCE™ 8:00am-8:45am Linda S		Fusion 8:00am – 9:00am Kim (No Class 12/28)
Les Mills BODYSTEP™ 9:15am – 10:00am Kelly	Cardio Kickboxing 9:00am – 10:00am Jess			Strength & Conditioning 9:00am-9:45am Linda S	Cardio Kickboxing 9:00am – 10:00am Jess	Mindful Movement 9:00am – 9:45am Kim (No Class 12/28)
Healthy Back 10:15am – 11:00am Joy	Yoga 11:30am -12:30pm Mary Beth	12/31/24 NEW YEARS EVE Hours: 5:00am-3:00pm NO CLASSES	1/1/25 NEW YEARS DAY Hours: 10:00am-2:00pm NO CLASSES	Core & More 11:00am – 11:45am Melissa T	Les Mills BODYSTEP™ 10:30am-11:15am Kelly	Cardio Kickboxing 10:00am – 11:00am Jess
Yoga 11:15am – 12:15pm Joy				SilverSneakers® Yoga 12:00pm – 12:45pm Sue		Yoga 11:15am – 12:15pm Adrianna
	Core & More 4:45pm – 5:30pm Kelly			Les Mills BODYSTEP™ 5:00pm – 5:45pm Kelly		
	Cardio Kickboxing 5:45pm – 6:45pm Jess					
	Zumba® 7:00pm – 7:45pm Mary G				Les Mills BODYPUMP™ 5:45pm – 6:45pm Kelly	
	Yoga 8:00pm – 8:45pm Chris B			Yoga 7:45pm – 8:45pm Mary Beth		

MAIN GYM 1 DECEMBER 2024

INTERIM SCHEDULE 12/22/24-1/1/25



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Gym for All 7:00am-12:15pm	Fusion (Full Main Gym 1 & 2) 5:15am-6:00am Karen	Open Gym 12/24/24 5:00am- 11:45am 12/31/24 5:00am-2:45pm		Fusion (Full Main Gym 1 & 2) 5:15am – 6:00am Karen		Open Gym for All 7:00am-7:45pm
	Open Gym for All 6:15am-7:15am			Open Gym 6:15am-7:15am	Open Gym for All 5:00am-7:15am	
	Low Impact Circuit 8:15am – 9:00am Kathy B	12/24/24 CHRISTMAS EVE Hours: 5:00am-Noon NO CLASSES	12/25/24 CHRISTMAS DAY CLOSED	SilverSneakers® Circuit 8:15am – 9:00am Marla W	Low Impact Circuit 8:15am – 9:00am Kathy B	
	SilverSneakers® Classic 9:30am - 10:15am Brandon F	12/31/24 NEW YEARS EVE Hours: 5:00am-3:00pm NO CLASSES	1/1/25 NEW YEARS DAY Hours: 10:00am-2:00pm NO CLASSES	SilverSneakers® Classic 9:30am – 10:15am Marla W	SilverSneakers® Classic 9:30am – 10:15am Brandon F	
	Zumba® 10:30am – 11:15am Sara B			Open Gym for All 10:30am-12:45pm	Zumba® 10:30am – 11:15am Brandon F	
	Zumba Gold® 11:30am – 12:15pm Sara B		Open Gym 1/1/25 10:00am-1:45pm	SilverSneakers® Classic 1:00pm – 1:45pm YMCA Staff	Zumba Gold® 11:30am – 12:15pm Brandon F	
Open Gym for All 1:45pm-5:45pm	Open Gym for All 12:30pm-1:00pm			Open Gym for All 2:00pm-8:30pm	Open Gym for All 12:30pm-1:00pm	Open Gym for All 2:00pm-9:45pm
					Pickup Basketball 8:30pm-9:45pm	
	Open Gym for All 2:00pm-8:30pm					
	Pickup Basketball 8:30pm-9:45pm					

AUXILIARY GYM DECEMBER 2024

INTERIM SCHEDULE 12/22/24-1/1/25



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Gym for All 7:00am-8:45am	Open Gym for All 5:00am-5:45am			Open Gym for All 5:00am-8:00am		Open Gym for All 7:00am-8:00am
	Advanced Pickleball 6:00am-9:00am					Advanced Pickleball 6:00am-9:00am
	Strength & Conditioning 9:30am – 10:15am Jilyana	Open Gym 12/24/24 5:00am- 11:45am		Interval Training 8:30am – 9:15am Kathy B		HIIT 8:15am – 9:00am Sara V
BODYPUMP™ Express 9:15am-10:00am Melissa M	Low Impact Cycling 10:30am – 11:15am Sue K	12/24/24 CHRISTMAS EVE Hours: 5:00am-Noon NO CLASSES	12/25/24 CHRISTMAS DAY CLOSED	BODYPUMP™ Express 9:30am-10:15am Melissa M		Cycling 10:30am – 11:15am Sue K
Pickleball All Levels 10:15am-3:00pm	Open Gym for All 10:30am-11:15am (half) Open Gym for All	Open Gym 12/31/24 5:00am- 2:45pm		Yoga 10:30am – 11:30am Sue K		Open Gym for All 10:30am-11:15am (half)
Open Gym for All 3:15pm-5:45pm	Pickleball All Levels 2:00pm-4:45pm	12/31/24 NEW YEARS EVE Hours: 5:00am-3:00pm NO CLASSES	1/1/25 NEW YEARS DAY Hours: 10:00am-2:00pm NO CLASSES	Cardio Dance 12:00pm – 12:45pm Melissa T		Open Gym for All 11:15am-1:45pm
	HIIT 5:15pm – 6:00pm Renaee				Open Gym for All 2:00pm-4:00pm	Pickleball All Levels 2:00pm-4:00pm
	Cycling 6:15pm – 7:00pm Sara V			Cycling 4:30pm – 5:30pm		Pickleball 1 Court Recreational
	Les Mills BODYPUMP™ 7:15pm – 8:15pm Sara V			HIIT 5:45pm – 6:30pm Renaee		Teen Pickup Basketball 6:15pm-9:45pm
	Open Gym for All 8:30pm-9:45pm		Open Gym 1/1/25 10:00am- 1:45pm	Open Gym for All 6:45pm-9:45pm		Open Gym 10:45am-6:45pm

MAIN GYM 2

DECEMBER 2024

INTERIM SCHEDULE 12/22/24-1/1/25

No Classes 12/24, 12/25, 12/31 & 1/1/25

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	FUSION 5:15am-6:00am Karen					
	Open Gym for All 6:15am-10:15am				Open Gym for All 5:00am-10:15am	
Pickleball Recreational 8:00am-10:00am	Zumba 10:30am-11:15am	OPEN GYM FOR ALL 12/24/24 5:00am- 11:45am	12/25/24 CHRISTMAS DAY CLOSED	FUSION 5:15am-6:00am Karen	Zumba 10:30am-11:15am	Pickleball ALL LEVELS 7:00am-10:15am
Pickleball All Levels 10:00am-12:15pm	Open Gym for All 11:30am-1:45pm	12/24/24 CHRISTMAS EVE Hours: 5:00am-Noon NO CLASSES			Open Gym for All 11:30am-1:45pm	
Zumba® 12:30pm – 1:30pm Sara B		12/31/24 NEW YEARS EVE Hours: 5:00am-3:00pm NO CLASSES	1/1/25 NEW YEARS DAY Hours: 10:00am-2:00pm NO CLASSES	OPEN GYM FOR ALL 6:15am-9:45pm	Pickleball All Levels 1 Court Recreational 1 Court 2:00pm-6:00pm	
	Pickleball All Levels 1 Court Recreational 2:00pm-4:00pm		Open Gym for ALL 1/1/25 10:00am- 1:45pm			
Open Gym for All 1:45pm-5:45pm	Open Gym for All 4:15pm-9:45pm	Open Gym for All 12/31/24 5:00am-2:45pm			Open Gym for All 6:00am-9:45pm	Open Gym for All 10:30am-7:45pm