



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JANUARY GROUP EX.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Light Green = Class is taught with live instructor

Dark Blue = Class is a pre-recorded class.

Class Abbreviations Key: **AAF** = Active Adult Fitness, **S&S** = Strength & Stretch, **HIIT** = High Intensity Interval Training

Classes are **capped at 15** and are **first come, first serve** based on the sign-up sheet outside of the room.

New! M/W Evening Live Core Class!

1
CLOSED
for New Years

<p>3 8am: AAF (Kim) *10am: AAF (Digital Inst.) 5-5:25pm: Core (Morgan) 6:30pm: Yoga (Robin)</p>	<p>4 8am: AAF (Kim) 6pm: Zumba® (Kisha)</p>	<p>5 8am: AAF (Jeanette) 5-5:25pm: Core (Fred) 6:30pm: Yoga (Robin)</p>	<p>6 8am: AAF (Kim) *6pm: Zumba® (Digital Inst.)</p>	<p>7 *6am: Core (Digital Inst.) 8am: AAF (Jeanette) 9am: S&S (Jeanette)</p>	<p>8 *9am: Yoga (Digital Inst.)</p>
<p>10 8am: AAF (Kim) *10am: AAF (Digital Inst.) 5-5:25pm: Core (Morgan) 6:30pm: Yoga (Robin)</p>	<p>11 8am: AAF (Kim) 6pm: Zumba® (Kisha)</p>	<p>12 8am: AAF (Jeanette) 5-5:25pm: Core (Fred) 6:30pm: Yoga (Robin)</p>	<p>13 8am: AAF (Kim) *6pm: Zumba® (Digital Inst.)</p>	<p>14 *6am: Core (Digital Inst.) 8am: AAF (Jeanette) 9am: S&S (Jeanette)</p>	<p>15 *9am: Yoga (Digital Inst.)</p>
<p>17 8am: AAF (Kim) *10am: AAF (Digital Inst.) 5-5:25pm: Core (Morgan) 6:30pm: Yoga (Robin)</p>	<p>18 8am: AAF (Kim) 6pm: Zumba® (Kisha)</p>	<p>19 8am: AAF (Jeanette) 5-5:25pm: Core (Fred) 6:30pm: Yoga (Robin)</p>	<p>20 8am: AAF (Kim) *6pm: Zumba® (Digital Inst.)</p>	<p>21 *6am: Core (Digital Inst.) 8am: AAF (Jeanette) 9am: S&S (Jeanette)</p>	<p>22 *9am: Yoga (Digital Inst.)</p>
<p>24 8am: AAF (Kim) *10am: AAF (Digital Inst.) 5-5:25pm: Core (Morgan) 6:30pm: Yoga (Robin)</p>	<p>25 8am: AAF (Kim) 6pm: Zumba® (Kisha)</p>	<p>26 8am: AAF (Jeanette) 5-5:25pm: Core (Fred) 6:30pm: Yoga (Robin)</p>	<p>27 8am: AAF (Kim) *6pm: Zumba® (Digital Inst.)</p>	<p>28 *6am: Core (Digital Inst.) 8am: AAF (Jeanette) 9am: S&S (Jeanette)</p>	<p>29 *9am: Yoga (Digital Inst.)</p>
<p>31 8am: AAF (Kim) *10am: AAF (Digital Inst.) 5-5:25pm: Core (Morgan) 6:30pm: Yoga (Robin)</p>	<p>Did you know that you can find even more classes through the YMCA360 streaming service?! Don't miss a workout with YMCA360, the new virtual YMCA platform that's included in your membership! Enjoy programs such as cycling, yoga, HIIT and even cooking classes all at your fingertips. Take the Y with you! Visit the Y virtually at ymca360.org.</p>				