




Group Exercise Schedule

December 2022

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|---|---|--|--|
| | | | | 1 | 2 | 3 |
| <p>View at home workouts through YMCA360.org</p> | <p>12 Days of Fitmas, December 1st-12th</p>  | <p>Please bring your own mat and water bottle to classes and always scan your membership card when you arrive. We can't wait to work out with you!</p> |  | <p>5 AM BODYPUMP@ Rachel -BT 8:30 AM STRONG Meredith-BT 9:30 AM SS Classic Emma-AR 10:30 AM SS Yoga Emma-AR</p> <p>5:30 PM POUND@ Emily D-BT 6:35 PM Zumba@ Kristin-BT</p> | <p>5 AM Pilates Christy-AR 7:30 AM Barre Meredith-AR</p> | <p>7:30 AM BODYPUMP@ Emily-BT 9 AM Zumba@ Kristin-BT</p> |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|  <p>Merry Fitmas Master Class 12/23, 8 am. Sign up at the desk!</p> | <p>5 AM Yoga 1 Cheri-AR</p> <p>8 AM BODYPUMP@ Meredith-BT 9:15 AM Barre Meredith-AR 9:30 AM Zumba Gold@ Mo-BT</p> <p>5:30 PM BODYPUMP@ Stacie-BT 6:35 PM Zumba@ Kristin-BT</p> | <p>5 AM BODYPUMP@ Rachel-BT</p> <p>8:30 AM STRONG Meredith-BT 9:35 AM Yoga 1 Meredith-BT 9:30 AM SS Classic Emma-AR 10:30 AM SS EnerChi Emma-AR</p> <p>6 PM Barre Emily D-AR</p> | <p>5 AM Yoga 1 Cheri-AR</p> <p>8 AM BODYPUMP@ Traci-BT 9:30 AM SS CardioFit Traci-BT</p> <p>5:30 PM BODYPUMP@ Stacie-BT</p> | <p>5 AM BODYPUMP@ Rachel -BT</p> <p>8:30 AM STRONG Meredith-BT 9:30 AM SS Classic Emma-AR 10:30 AM SS Yoga Emma-AR</p> <p>5:30 PM POUND@ Emily D-BT 6:35 PM Zumba@ Kristin-BT</p> | <p>5 AM Pilates Christy-AR 7:30 AM Barre Meredith-AR</p> | <p>7:30 AM BODYPUMP@ Emily-BT</p> |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| | <p>5 AM Yoga 1 Cheri-AR</p> <p>8 AM BODYPUMP@ Meredith-BT 9:15 AM Barre Meredith-AR 9:30 AM Zumba Gold@ Mo-BT</p> <p>5:30 PM BODYPUMP@ Stacie-BT 6:35 PM Zumba@ Kristin-BT</p> | <p>5 AM BODYPUMP@ Rachel-BT</p> <p>8:30 AM STRONG Meredith-BT 9:35 AM Yoga 1 Meredith-BT 9:30 AM SS Classic Emma-AR 10:30 AM SS EnerChi Emma-AR</p> <p>6 PM Barre Emily D-AR</p> | <p>5 AM Yoga 1 Cheri-AR</p> <p>8 AM BODYPUMP@ Traci-BT 9:30 AM SS CardioFit Traci-BT</p> <p>5:30 PM BODYPUMP@ Stacie-BT</p> | <p>5 AM BODYPUMP@ Rachel -BT</p> <p>8:30 AM STRONG Meredith-BT 9:30 AM SS Classic Emma-AR 10:30 AM SS Yoga Emma-AR</p> <p>5:30 PM POUND@ Emily D-BT 6:35 PM Zumba@ Kristin-BT</p> | <p>5 AM Pilates Christy-AR 7:30 AM Kettlebell Emily D-BT</p> | <p>7:30 AM BODYPUMP@ Emily-BT 9 AM Zumba@ Kristin-BT</p> |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| | <p>5 AM Yoga 1 Cheri-AR</p> <p>8 AM BODYPUMP@ Meredith-BT 9:15 AM Barre Meredith-AR 9:30 AM Zumba Gold@ Mo-BT</p> <p>5:30 PM BODYPUMP@ Traci-BT 6:35 PM Zumba@ Kristin-BT</p> | <p>5 AM BODYPUMP@ Rachel-BT</p> <p>8:30 AM STRONG Meredith-BT 9:35 AM Yoga 1 Meredith-BT 9:30 AM SS Classic Emma-AR 10:30 AM SS EnerChi Emma-AR</p> <p>6 PM Barre Emily D-AR</p> | <p>5 AM Yoga 1 Cheri-AR</p> <p>8 AM BODYPUMP@ Traci-BT 9:30 AM SS CardioFit Traci-BT</p> <p>5:30 PM BODYPUMP@ Meredith-BT</p> | <p>5 AM BODYPUMP@ Rachel -BT</p> <p>8:30 AM STRONG Meredith-BT 9:30 AM SS Classic Emma-AR 10:30 AM SS Yoga Emma-AR</p> <p>5:30 PM POUND@ Emily D-BT 6:35 PM Zumba@ Kristin-BT</p> | <p>5 AM Pilates Christy-AR 8 AM Merry Fitmas Master Class Emily D, Meredith, Rachel, Stacie-BT</p> | <p>Christmas Eve - YMCA is CLOSED</p> |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| | <p>5 AM Yoga 1 Christy-AR</p> <p>8 AM BODYPUMP@ Stacie-BT 9:15 AM Barre Emily D-AR</p> <p>5:30 PM BODYPUMP@ Stacie-BT 6:35 PM Zumba@ Kristin-BT</p> | <p>5 AM BODYPUMP@ Rachel-BT</p> <p>8:30 AM STRONG Meredith-BT 9:35 AM Yoga 1 Meredith-BT 9:30 AM SS Classic Emma-AR 10:30 AM SS EnerChi Emma-AR</p> <p>6 PM Barre Emily D-AR</p> | <p>5 AM Yoga 1 Christy-AR</p> <p>8 AM BODYPUMP@ Meredith-BT 9:30 AM SS Classic Meredith-AR</p> <p>5:30 PM BODYPUMP@ Stacie-BT</p> | <p>5 AM BODYPUMP@ Rachel -BT</p> <p>8:30 AM STRONG Meredith-BT 9:30 AM SS Classic Emma-AR 10:30 AM SS Yoga Emma-AR</p> <p>5:30 PM POUND@ Emily D-BT 6:35 PM Zumba@ Kristin-BT</p> | <p>5 AM Pilates Christy-AR 7:30 AM Barre Meredith-AR</p> | <p>New Year's Eve - YMCA is CLOSED</p> |