



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Holiday Group Exercise Schedule Rite-Hite Family YMCA

Christmas Eve:

9:00-10:00AM	BODYCOMBAT	Studio 7	Marie
9:00-10:00AM	Y-Cycling	Cycling Studio	Rotation
10:15-11:15AM	BODYPUMP	Studio 6	Rotation
11:30-12:30	Yoga	Studio 7	Tonieh

Christmas Day: CLOSED

New Year's Eve:

9:00-10:00AM	BODYCOMBAT	Studio 7	Marie
9:00-10:00AM	Y-Cycling	Cycling Studio	Rotation
10:15-11:15AM	BODYPUMP	Studio 6	Rotation
11:30AM-12:30PM	Yoga	Studio 7	Tonieh

New Year's Day:

9:00-10:00AM	Y-Cycling	Cycling Studio	Timeka
9:15-10:15	BODYPUMP	Studio 6	Allison
9:15-10:15	BODYCOMBAT	Studio 7	Erin
10:30-11:30	BODYFLOW	Studio 7	Eva
10:30-11:30	BODYPUMP	Studio 6	Jim