

GROUP FITNESS SCHEDULE - DECEMBER 2018

MONDAY

3rd 4:45 AM Pump^ (Kerry)
8:30 AM Cardio Sculpt♦^ (Dana)
5:30 PM Cycling^ (Kelly)
6:00 PM AMPD - Kettlebells^ (Erin)

10th 4:45 AM Pump^ (Kerry)
8:30 AM Cardio Sculpt♦^ (Jodee)
5:30 PM Cycling^ (Kelly)
6:00 PM AMPD - Kettlebells^ (Erin)

17th 4:45 AM Pump^ (Kerry)
8:30 AM Cardio Sculpt♦^ (Jodee)
5:30 PM Cycling^ (Kelly)
6:00 PM AMPD - Kettlebells^ (Erin)

24th 4:45 AM Pump^ (Kerry)
8:30 AM Cardio Sculpt♦^ (Dana)

31st 4:45 AM Pump^ (Kerry)
8:30 AM Cardio Sculpt♦^ (Dana)

FRIDAY

7th 4:45 AM Bootcamp Games (Kim & Kerry)
8:30 AM Intervals♦^ (Jodee)

14th 4:45 AM Circuits^ (Km & Kerry)
8:30 AM Intervals♦^ (Dana)

21st 4:45 AM Butts & Guts^ (Kim & Kerry)
8:30 AM Intervals♦^ (Dana)

28th 4:45 AM Battle it Out^ (Kim & Kerry)
8:30 AM Intervals♦^ (Jodee)

TUESDAY

4th 4:45 AM Fusion^ (Kerry)
6:00 PM Body Blast^ (Dana)

11th 4:45 AM Fusion^ (Kerry)
6:00 PM Body Blast^ (Jodee)

18th 4:45 AM Fusion^ (Kerry)
6:00 PM Body Blast^ (Dana)

25th **MERRY CHRISTMAS!**
No Classes Today

SATURDAY

1st 8:30 AM PiYo^ (Dana)

8th 8:30 AM PiYo^ (Dana)

15th 8:30 AM PiYo^ (Dana)

22nd 8:30 AM AMPD ^ (Erin)

29th 8:30 AM PiYo^ (Dana)

WEDNESDAY

5th 4:45 AM Intervals^ (Kim)
8:30 AM Inst. Choice♦^ (Kerry)
6:00 PM Cycling^ (Kelly)

12th 4:45 AM Intervals^ (Kim)
8:30 AM Inst. Choice♦^ (Kerry)
6:00 PM Cycling^ (Kelly)

19th 4:45 AM Intervals^ (Kim)
8:30 AM Inst. Choice♦^ (Kerry)
6:00 PM Cycling^ (Kelly)

26th 4:45 AM Intervals (Kim)
8:30 AM Inst. Choice♦^ (Kerry)

SUNDAY

2nd 4:00 PM Fit in Faith♦^ (Erin)

9th 4:00 PM Fit in Faith♦^ (Erin)

16th 4:00 PM Fit in Faith♦^ (Kerry)

23rd 4:00 PM **NO CLASS**

30th 4:00 PM Fit in Faith♦^ (Kerry)

THURSDAY

6th 4:45 AM Strong^ (Kim)
6:00 PM Body Shred^ (Jodee)

13th 4:45 AM Strong^ (Kim)
6:00 PM Body Shred^ (Jodee)

20th 4:45 AM Strong^ (Kim)
6:00 PM Body Shred^ (Jodee)

27th 4:45 AM Strong^ (Kim)
6:00 PM Body Shred^ (Jodee)

PRICING & MEMBERSHIP DETAILS

Group Fitness Classes Only:

Unlimited Group Fitness Classes = \$45/month (no YMCA Membership required)

Walk In Rate = \$5.00

Classes marked with a ^ are eligible for Unlimited Group Fitness Classes

YMCA Members:

Add \$25 per month to any YMCA Membership for Unlimited Classes

Classes marked with a ^ are eligible for Unlimited Group Fitness Classes

Classes marked with a ♦ are included in the monthly YMCA Membership cost

(No Unlimited Group Fitness pass or walk-in rate required)

