

Effective December 23rd

## December 2018 Holiday Group Fitness YMCA of Kingston - Y West Branch



| Sunday<br>December 23                 | Monday<br>December 24                 | Tuesday<br>December 25              | Wednesday<br>December 26                        | Thursday<br>December 27                              | Friday<br>December 28           | Saturday<br>December 29               |
|---------------------------------------|---------------------------------------|-------------------------------------|---|--|---------------------------------|---------------------------------------|
|                                       |                                       |                                     |   | Cyclefit<br>6:00-6:50AM                              | Yoga<br>9:00-10:15AM            |                                       |
|                                       |                                       |                                     |   | CSI/Tabata<br>9:30-10:20AM                           | Rip<br>9:20-10:20AM             | Cyclefit<br>9:00-9:50AM               |
| Extreme Conditioning<br>9:30-10:45AM  | <b>No Group Fitness<br/>Classes</b>   | <b>No Group Fitness<br/>Classes</b> | <b>No Group Fitness<br/>Classes</b>             | Yoga<br>9:30-10:30AM                                 | Cyclefit<br>9:30-10:20AM        | Power Step<br>9:30-10:45AM            |
|                                       |                                       |                                     |   | Gentle Stretch<br>10:30-11:20AM                      | Senior Fitness<br>10:30-11:20AM | Yoga<br>10:30-11:45AM                 |
| <b>Holiday Hours<br/>7:00-12:00PM</b> | <b>Holiday Hours<br/>5:00-12:00PM</b> | <b>Holiday Hours<br/>CLOSED</b>     | <b>Holiday Hours<br/>CLOSED</b>                 | Zumba<br>12:10-12:50AM                               | Bootcamp<br>12:10-12:50PM       | <b>Holiday Hours<br/>7:00-12:00PM</b> |
|                                       |                                       |                                     |   | Step Intervals<br>5:30-6:45PM                        |                                 |                                       |
| Sunday<br>Sunday 30th                 | Monday<br>Monday 31st                 | Tuesday<br>Tuesday Jan 1st          | Wednesday<br>Wednesday Jan 2nd                  | Thursday<br>Thursday Jan 3rd                         | Friday<br>Friday Jan 4th        | Saturday<br>Saturday Jan 5th          |
|                                       |                                       |                                     | Yoga<br>9:00-10:00AM                            | Cyclefit<br>6:00-6:50AM                              |                                 |                                       |
|                                       |                                       |                                     | Cyclefit<br>9:30-10:20AM                        | Tai Chi Beginner 8-830AM<br>Tai Chi Adv. 8:30-9:15AM | Yoga<br>9:00-10:15AM            | CSI<br>8:00-8:50AM                    |
| Extreme Conditioning<br>9:30-10:45AM  | <b>No Group Fitness<br/>Classes</b>   | <b>No Group Fitness<br/>Classes</b> | Zumba<br>9:30-10:20AM                           | CSI/Tabata<br>9:30-10:20AM                           | Rip<br>9:20-10:20AM             | Cyclefit<br>9:00-9:50AM               |
|                                       |                                       |                                     | Sculpt & Core<br>10:30-11:20AM                  | Yoga<br>9:30-10:30AM                                 | Cyclefit<br>9:30-10:20AM        | Power Step<br>9:30-10:45AM            |
| <b>Holiday Hours<br/>7:00-12:00PM</b> | <b>Holiday Hours<br/>5:00-12:00PM</b> | <b>Holiday Hours<br/>CLOSED</b>     | CSI(Cardio Strenght Intervals)<br>12:10-12:50PM | Gentle Stretch<br>10:30-11:20AM                      | Senior Fitness<br>10:30-11:20AM | Yoga<br>10:30-11:45AM                 |
|                                       |                                       |                                     | S.I.T.S (Step Intervals)<br>5:20-6:20PM         | Zumba<br>12:10-12:50AM                               | Bootcamp<br>12:10-12:50PM       |                                       |
|                                       |                                       |                                     | Cyclefit<br>5:30-6:20PM                         | Step Intervals<br>5:30-6:45PM                        |                                 |                                       |
|                                       |                                       |                                     | Zumba<br>6:30-7:20PM                            |  |                                 |                                       |

**Winter Group Fitness schedule effective January 6th**