

Effective December 23rd

## December 2018 Holiday Group Fitness YMCA of Kingston - Wright Crescent Branch



Sunday December 23	Monday December 24	Tuesday December 25	Wednesday December 26	Thursday December 27	Friday December 28	Saturday December 29
				Cardio and Core 6:00-6:50AM	Early Bird Bootcamp(Gym) 6:30-7:15AM	
Bootcamp 9:00-10:00AM				Yoga for Fitness 7:00-8:00AM	SS & Cardio(Gym) 8:00-9:20AM	Rip 8:30-9:30AM
Yoga for Fitness 11:15-12:30PM	<b>No Group Fitness Classes</b>	<b>No Group Fitness Classes</b>	<b>No Group Fitness Classes</b>	Senior Start Strong 8:00-8:45AM	Step 9:30-10:20AM	Sports Conditioning 9:40-10:30AM
Holiday Hours 7:00-5:00PM	Holiday Hours 5:30-2:00PM	Holiday Hours CLOSED	Holiday Hours 10:00-6:00PM	Rip (Group Fitness) 9:15-10:25AM	Zumba 10:30-11:20AM	Yoga 10:30-11:30AM
				Cardio Core and Stretch 10:30-11:20AM	Healing Yoga 10:30-11:30AM	Holiday Hours 7:00-5:00PM
				Express TBS 12:10-12:50PM		
				Cycle and Core 5:30-6:30PM	Friday Night Yoga 6:45-7:45PM	
				Rip 6:30-7:30PM		
Sunday December 30	Monday December 31	Tuesday January 1	Wednesday January 2	Thursday January 3	Friday January 4	Saturday January 5
			Early Bird Bootcamp(Gym) 6:30-7:15AM	Cardio and Core 6:00-6:50AM	Early bird bootcamp(Gym) 6:30-7:15AM	
Bootcamp 9:00-10:00AM			SS & Cardio(Gym) 8:00-9:20AM	Yoga for Fitness 7:00-8:00AM	SS & Cardio(Gym) 8:00-9:20AM	Rip 8:30-9:30AM
Yoga for Fitness 11:15-12:30PM	<b>No Group Fitness Classes</b>	<b>No Group Fitness Classes</b>	Yoga 9:00-10:15AM	Senior Start Strong 8:00-8:45AM	Step/Cardio Intervals 9:30-10:20AM	Sports Conditioning 9:40-10:30AM
Holiday Hours 7:00-5:00PM	Holiday Hours 5:30-2:00PM	Holiday Hours 9:00-6:00PM	Bootcamp 9:30-10:20AM	Rip (Group Fitness) 9:15-10:25AM	Zumba 10:30-11:20AM	Yoga 10:30-11:30AM
			Foam Rolling 11:30-12:00PM	Cardio Core and Stretch 10:30-11:20AM	Healing Yoga 10:30-11:30AM	Cyclefit 10:30-11:30AM
			Express Pilates 12:10-12:50AM	Express TBS 12:10-12:50PM		
			Cyclefit 5:30-6:30PM	Cycle and Core 5:30-6:30PM		
				Rip 6:30-7:30PM	Friday Night Yoga 6:45-7:45PM	

Winter Group Fitness schedule effective January 6th