

Holiday Mini Session
Aquatic Group Fitness Class Schedule
Robinson Branch
December 11th-December 30th - Registration begins December 4th

Week 1

Monday- Dec. 11 th	Tuesday- Dec. 12 th	Wednesday- Dec. 13 th	Thursday-Dec. 14 th	Friday-Dec. 15 th
Small Pool 9:00am- Arthritis Aquatics 10:00am- AOA Aquatics 11:00am- Arthritis Aquatics Large Pool 6:30am- Aqua Power 10:00am- MS Aquatics	Small Pool 10:00am- S.S. Splash Large Pool 8:00am- WATERinMOTION 9:00am- Aqua Power 10:00am- Deep Aqua Power	Small Pool 9:00am- Arthritis Aquatics 10:00am- AOA Aquatics 11:00am- Arthritis Aquatics Large Pool 6:30am- Aqua Power 10:00am- MS Aquatics	Small Pool 10:00am- S.S. Splash Large Pool 8:00am- WATERinMOTION 9:00am- Aqua Power 10:00am- Deep Aqua Power	Small Pool 9:00am- Arthritis Aquatics 10:00am- AOA Aquatics 11:00am- Arthritis Aquatics Large Pool 6:30am- Aqua Power

Week 2

Monday- Dec. 18 th	Tuesday- Dec. 19 th	Wednesday- Dec. 20 th	Thursday-Dec. 21 st	Friday-Dec. 22 nd
Small Pool 9:00am- Arthritis Aquatics 10:00am- AOA Aquatics 11:00am- Arthritis Aquatics Large Pool 10:00am- MS Aquatics	Small Pool 10:00am- S.S. Splash Large Pool 8:00am- WATERinMOTION	Small Pool 9:00am- Arthritis Aquatics 10:00am- AOA Aquatics 11:00am- Arthritis Aquatics Large Pool 10:00am- MS Aquatics	Small Pool 10:00am- S.S. Splash Large Pool 8:00am- WATERinMOTION	Small Pool 9:00am- Arthritis Aquatics 10:00am- AOA Aquatics 11:00am- Arthritis Aquatics

Week 3

Monday- Dec. 25 th	Tuesday- Dec. 26 th	Wednesday- Dec. 27 th	Thursday- Dec 28 th	Friday-Dec. 29 th
YMCA CLOSED		Small Pool 8:00am- Arthritis Aquatics 10:00am- AOA Aquatics 11:00am- Arthritis Aquatics	Small Pool 10:00am- S.S. Splash	Small Pool 9:00am- Arthritis Aquatics 10:00am- AOA Aquatics 11:00am- Arthritis Aquatics

Cost: HC Members- Free, Members \$15, Non-Members \$45
*****You must bring your pass to every class you plan on attending*****

Holiday Mini Session Land Group Fitness Class Schedule Robinson Branch

December 11th-December 30th- Registration begins December 4th

Week 1

Monday- Dec. 11 th	Tuesday- Dec. 12 th	Wednesday- Dec. 13 th	Thursday-Dec. 14 th	Friday-Dec. 15 th
5:15am- Y Cycling 5:45am- PULSE 8:00am- Y Cycling 9:00am- Y Cycling 9:00am- Yoga 9:15am- AOA Aerobics 10:00am- High Intensity Strength and Conditioning 4:30pm- Y Cycling 6:20pm- Yogalates	5:30am- Cycling 7:55am- Strictly Strength 9:05am- AOA Strength 9:00am- Yoga 10:00am- Zumba 4:30pm- Total Body Sculpt 5:00pm- BARRE 5:30pm- PULSE 6:00pm- Cycling 6:15pm- High Intensity Strength and Conditioning 7:00pm- Yoga	5:15am- Y Cycling 5:45am- PULSE 8:00am- Y Cycling 8:00am- Step 9:00am- Y Cycling 9:00am- Yoga 9:15am- AOA Aerobics 10:00am- High Intensity Strength and Conditioning 4:30 Y Cycling 6:20pm- Yogalates	5:30am- Cycling 7:55am- Strictly Strength 9:05am- AOA Strength 9:00am- Yoga 10:00am- Zumba 4:30pm- Total Body Sculpt 5:00pm- BARRE 5:30pm- PULSE 6:15pm- High Intensity Strength and Conditioning 6:00pm- Cycling 7:00pm- Yoga	5:45am- PULSE 8:00am- Y Cycling 8:00am- Step 9:15am- AOA Aerobics 10:00am- High Intensity Strength and Conditioning <u>Saturday- 16th</u> 7:30am- Strictly Strength

Week 2

Monday- Dec. 18 th	Tuesday- Dec. 19 th	Wednesday- Dec. 20 th	Thursday-Dec. 21 st	Friday-Dec. 22 nd
5:45am- PULSE 8:00am- Y Cycling 9:00am- Y Cycling 9:00am- Yoga 9:15am- AOA Aerobics 10:00am- High Intensity Strength and Conditioning 4:30 Y Cycling 6:20pm- Yogalates	5:30am- Cycling 7:55am- Strictly Strength 9:00am- Yoga 9:05am- AOA Strength 10:00am- Zumba 4:30pm- Total Body Sculpt 5:00pm- BARRE 5:30pm- PULSE 6:15pm- High Intensity Strength and Conditioning 7:00pm- Yoga	5:45am- PULSE 8:00am- Y Cycling 8:00am- Step 9:00am- Yoga 9:00am- Y Cycling 9:15am- AOA Aerobics 10:00am- High Intensity Strength and Conditioning 4:30pm Y Cycling 6:20pm- Yogalates	5:30am- Cycling 7:55am- Strictly Strength 9:00am- Yoga 9:05am- AOA Strength 10:00am- Zumba 4:30pm- Total Body Sculpt 5:00pm- BARRE 5:30pm- PULSE 6:15pm- High Intensity Strength and Conditioning 7:00pm- Yoga	5:45am- PULSE 8:00am- Step 8:00am- Y Cycling 9:15am- AOA Aerobics 10:00am- High Intensity Strength and Conditioning <u>Saturday- 23rd</u> 7:30am- Strictly Strength

Week 3

Monday- Dec. 25 th	Tuesday- Dec. 26 th	Wednesday- Dec. 27 th	Thursday- Dec 28 th	Friday-Dec. 29 th
Merry Christmas! YMCA Closed	5:30am- Cycling 10:00am- Zumba 4:30pm- Total Body Sculpt 5:00pm- BARRE 5:30pm- PULSE 6:15pm- High Intensity Strength and Conditioning 7:00pm- Yoga	5:45am- PULSE 8:00am- Y Cycling 8:00am- Step 9:00am- Yoga 9:00am- Y Cycling 9:15am- AOA Aerobics 10:00am- High Intensity Strength and Conditioning 4:30pm Y Cycling 6:20pm- Yogalates	5:30am- Cycling 7:55am- Strictly Strength 9:05am- AOA Strength 10:00am- Zumba 5:00pm- BARRE 5:30pm- PULSE 6:15pm- High Intensity Strength and Conditioning 7:00pm- Yoga	5:45am- PULSE 8:00am- Step 9:15am- AOA Aerobics <u>Saturday- 30th</u> 7:30am- Strictly Strength