

Holiday Mini Session Aquatic Group Fitness Class Schedule Robinson Branch

December 10th-January 6th - Registration begins December 3rd

Week 1

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

Week 2

Monday- Dec. 17 th	Tuesday- Dec. 18 th	Wednesday- Dec. 19 th	Thursday-Dec. 20 th	Friday-Dec. 21 st
Small Pool 9:00am- Arthritis Aquatics 10:00am- AOA Aquatics 11:00am- Arthritis Aquatics Large Pool 8:00am- Aqua Power 10:00am- MS Aquatics	Small Pool 10:00am- S.S. Splash 11:00am- AOA Aquatics 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 8:00am- Aqua Power 10:00am- MS Aquatics	Small Pool 10:00am- S.S. Splash 11:00am- AOA Aquatics Large Pool 8:00am- WATERinMOTION 9:00am- Aqua Power	Small Pool 9:00am- Arthritis Aquatics Large Pool 6:30am- Aqua Power 8:00am- Aqua Power

Week 3

Monday- Dec. 24 th	Tuesday- Dec. 25 th	Wednesday- Dec. 26 th	Thursday- Dec 27 th	Friday-Dec. 28 th
YMCA CLOSSES AT NOON	YMCA CLOSED	Large Pool 6:30am- Aqua Power	Small Pool 10:00am- S.S. Splash 11:00am- AOA Aquatics Large Pool 9:00am- Aqua Power	Small Pool 9:00am- Arthritis Aquatics Large Pool 6:30am- Aqua Power

Week 4

Monday- Dec. 31 st	Tuesday- Jan. 1 st	Wednesday- Jan. 2 nd	Thursday- Jan. 3 rd	Friday-Jan. 4 th
YMCA CLOSSES AT 4PM	YMCA CLOSED	Small Pool 9:00am- Arthritis Aquatics 10:00am- AOA Aquatics 11:00am- Arthritis Aquatics Large Pool 6:30am- Aqua Power	Small Pool 10:00am- S.S. Splash 11:00am- AOA Aquatics Large Pool 9:00am- Aqua Power 10:00am- Deep Aqua Power	Small Pool 9:00am- Arthritis Aquatics Large Pool 6:30am- Aqua Power

Cost: HC Members- Free, Members \$20, Non-Members \$50
*****You must bring your pass to every class you plan on attending*****

Holiday Mini Session Land Group Fitness Class Schedule

Week 1

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

Week 2

Monday- Dec. 17 th	Tuesday- Dec. 18 th	Wednesday- Dec. 19 th	Thursday-Dec. 20 th	Friday-Dec. 21 st
5:15am- Cycling 5:30am- PULSE 8:00am- Cycling 9:15am- AOA Aerobics 10:10am- High Intensity Strength and Conditioning 4:30pm- Cycling 5:30pm- Embodied Exercise 6:20pm- Yogalates	7:55am- Strictly Strength 9:00am- Yoga 9:05am- AOA Strength 4:30pm- Total Body Sculpt 5:00pm- BARRE 5:30pm- PULSE 6:00pm- Cycling 6:15pm- Zumba	5:15am- Cycling 5:30am- PULSE 8:00am- Cycling 8:00am- Step Aerobics 9:15am- AOA Aerobics 10:10am- High Intensity Strength and Conditioning 4:30pm- Cycling 6:20pm- Yogalates	7:55am- Strictly Strength 9:00am- Yoga 9:05am- AOA Strength 10:15am- Zumba 5:00pm- BARRE 5:30pm- PULSE 6:00pm- Cycling	5:30am- PULSE 8:00am- Cycling 8:00am- Step Aerobics 9:15am- AOA Aerobics 10:10am- High Intensity Strength and Conditioning Saturday 22nd: 7:30am- Strictly Strength 9:00am- Zumba

Week 3

Monday- Dec. 24 th	Tuesday- Dec. 25 th	Wednesday- Dec. 26 th	Thursday- Dec 27 th	Friday-Dec. 28 th
5:30am- PULSE 8:00am- Cycling 10:10am- High Intensity Strength and Conditioning YMCA CLOSSES AT NOON	YMCA CLOSED	5:30am- PULSE 8:00am- Cycling 10:10am- High Intensity Strength and Conditioning	7:55am- Strictly Strength 9:05am- AOA Strength 10:15am- Zumba 5:00pm- BARRE 5:30pm- PULSE	5:30am- PULSE 8:00am- Step Aerobics 10:10am- High Intensity Strength and Conditioning Saturday 29th: 7:30am- Strictly Strength

Week 4

Monday- Dec. 31 st	Tuesday- Jan. 1 st	Wednesday- Jan. 2 nd	Thursday- Jan. 3 rd	Friday-Jan. 4 th
5:30am- PULSE 8:00am- Cycling 9:00am- Yoga 10:10am- High Intensity Strength and Conditioning YMCA CLOSSES AT 4PM	YMCA CLOSED	5:30am- PULSE 8:00am- Cycling 8:00am- Step Aerobics 9:00am- Yoga 9:15am- AOA Aerobics 10:10am- High Intensity Strength and Conditioning	7:55am- Strictly Strength 9:00am- Yoga 9:05am- AOA Strength 10:15am- Zumba 4:30pm- Total Body Sculpt 5:00pm- BARRE 5:30pm- PULSE 6:15pm- Zumba 7:00pm- Yoga	5:30am- PULSE 8:00am- Cycling 8:00am- Step Aerobics 9:15am- AOA Aerobics 10:10am- High Intensity Strength and Conditioning Saturday 5th : 7:30am- Strictly Strength 9:00am- Zumba