

**Holiday Mini Session  
Aquatic Group Fitness Class Schedule  
Piqua**

**December 11<sup>th</sup>-December 29<sup>th</sup> - Registration begins December 4<sup>th</sup>**

**Week 1**

Monday- Dec. 11th	Tuesday- Dec. 12th	Wednesday- Dec. 13th	Thursday-Dec. 14th	Friday-Dec. 15th
<b>Large Pool</b> 9 – 9:45 Silver Splash  10 – 10:45 Deep Water Power	<b>Small Pool</b> 8:30-9:30 Active Older Adults  <b>Large Pool</b> 10 – 10:45 Silver Splash	<b>Large Pool</b> 9 – 9:45 Silver Splash  10 – 10:45 Deep Water Power	<b>Small Pool</b> 8:30 – 9:30 Active Older Adults  <b>Large Pool</b> 10 – 10:45 Silver Splash	<b>Large Pool</b> 9 – 9:45 Silver Splash  10 – 10:45 Deep Water Power

**Week 2**

Monday- Dec. 18th	Tuesday- Dec. 19th	Wednesday- Dec. 20th	Thursday-Dec. 21st	Friday-Dec. 22nd
<b>Large Pool</b> 9 – 9:45 Silver Splash  10 – 10:45 Deep Water Power	<b>Small Pool</b> 8:30-9:30 Active Older Adults  <b>Large Pool</b> 10 – 10:45 Silver Splash	<b>Large Pool</b> 9 – 9:45 Silver Splash  10 – 10:45 Deep Water Power	<b>Small Pool</b> 8:30 – 9:30 Active Older Adults  <b>Large Pool</b> 10 – 10:45 Silver Splash	<b>Large Pool</b> 9 – 9:45 Silver Splash  10 – 10:45 Deep Water Power

**Week 3**

Monday- Dec. 25th	Tuesday- Dec. 26th	Wednesday- Dec. 27th	Thursday- Dec 28th	Friday-Dec. 29th
<b>Merry Christmas!!</b>  <b>YMCA Closed</b>	<b>Small Pool</b> 8:30-9:30 Active Older Adults  <b>Large Pool</b> 10 – 10:45 Silver Splash	<b>Small Pool</b> 9 – 9:45 Silver Splash  10 – 10:45 Deep Water Power	<b>Small Pool</b> 8:30 – 9:30 Active Older Adults  <b>Large Pool</b> 10 – 10:45 Silver Splash	<b>Large Pool</b> 9 – 9:45 Silver Splash  10 – 10:45 Deep Water Power

**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 Piqua Branch

**December 11<sup>th</sup>-December 30<sup>th</sup> - Registration begins December 4<sup>th</sup>**

### Week 1

Monday- Dec. 11 <sup>th</sup>	Tuesday- Dec. 12 <sup>th</sup>	Wednesday- Dec. 13 <sup>th</sup>	Thursday-Dec. 14 <sup>th</sup>	Friday-Dec. 15 <sup>th</sup>
5:30am- Y Cycling	6:00am- Total Body Sculpt 6:00am- Y Cycling	5:30am- Y Cycling	6:00am- Total Body Sculpt 6:00am- Y Cycling	
9:00am- Cardio Fusion 9:15am- SS Yoga 10:00am- SS Circuit	9:00am- SS Classic	9:00am- Cardio Fusion 9:15am- SS Yoga	9:00am- SS Classic	9:00am- Cardio Fusion
12:10pm- HIIT-Lvl 1	10:00am- Zumba 11:00am- Pilates Plus 12:10pm- Y Cycling 12:10pm HIIT Lvl 1	10:00am- SS Circuit	11:00am- Pilates Plus 12:10pm- Y Cycling 12:10pm HIIT Lvl 1	10:00am- SS Circuit 12:10pm- HIIT Lvl 1
4:30pm- Pilates Plus (at Edison) 5:30pm- Y Cycling 5:30pm- Forever Fit	5:30pm- Pilates Plus 5:40pm- HIIT-Lvl 2	5:30pm- Forever Fit	4:00pm- Y Cycling 5:30pm- "Butts & Gutts" 5:30pm- HIIT-Cardio Kickboxing	5:30pm- Forever Fit <b>Saturday- 16<sup>th</sup></b> 8:00am- Y Cycling
6:35pm- HIIT-Lvl 1	6:30pm- Zumba	6:35pm- HIIT-Lvl 1	5:40pm- HIIT-Lvl 2	

### Week 2

Monday- Dec. 18 <sup>th</sup>	Tuesday- Dec. 19 <sup>th</sup>	Wednesday- Dec. 20 <sup>th</sup>	Thursday-Dec. 21 <sup>st</sup>	Friday-Dec. 22 <sup>nd</sup>
5:30am- Y Cycling	6:00am- Y Cycling	5:30am- Y Cycling	6:00am- Y Cycling	
9:00am- Cardio Fusion 9:15am- SS Yoga 10:00am- SS Circuit	9:00am- SS Classic	9:00am- Cardio Fusion 9:15am- SS Yoga 10:00am- SS Circuit	11:00am- Core Power Yoga	9:00am- Cardio Fusion
12:10pm- HIIT Lvl 1	11:00am- Pilates Plus 12:10pm- Y Cycling 12:10pm HIIT Lvl 1	12:10pm- HIIT- Lvl 1	12:10pm- Y Cycling	5:30pm- Forever Fit
5:30pm- Spin & Lift 5:30pm- Forever Fit	5:30pm- Pilates Plus	5:30pm- Spin & Lift 5:30pm- Forever Fit	4:00pm- Y Cycling 5:30pm- "Butts & Gutts" 5:30pm- HIIT-Cardio Kickboxing	<b>Saturday- 23<sup>rd</sup></b> 8:00am- Y Cycling

### Week 3

Monday- Dec. 25 <sup>th</sup>	Tuesday- Dec. 26 <sup>th</sup>	Wednesday- Dec. 27 <sup>th</sup>	Thursday- Dec 28 <sup>th</sup>	Friday-Dec. 29 <sup>th</sup>
<b>**YMCA Closed** Merry Christmas!!</b>			11:00am- Core Power Yoga	10:00am- SS Circuit
	12:10pm- Y Cycling	12:10pm- HIIT- Lvl 1	12:10pm- Y Cycling	12:10pm- HIIT Lvl 1
	4:00pm- Y Cycling		4:00pm- Y Cycling 5:30pm- HIIT-Cardio Kickboxing	<b>Saturday- 30<sup>th</sup></b> 8:00am- Y Cycling
	6:20pm- Tabata			

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