

Land Group Fitness Class Schedule Piqua Branch

December 10th-January 5th - 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
9:00am- Cardio Fusion 9:15am- SS Yoga 10:00am- SS Circuit 12:10pm- HIIT 4:30pm- Pilates Plus (at Edison) 6:30pm- Drums Alive	6:00am- Total Body Sculpt 6:00am- Y Cycling 9:00am- SS Classic 11:00am- Pilates Plus 12:10pm- Y Cycling 12:10pm- Run & Lift 5:30pm- Pilates Plus 5:30pm – Cardio Kickboxing 5:40pm- HIIT 6:30pm- Zumba	9:00am- Cardio Fusion 9:15am- SS Yoga 10:00am- SS Circuit 12:10pm- HIIT 4:30pm- Pilates Plus (at Edison) 5:30pm- Forever Fit 5:30pm- Y Cycling 6:30pm- Drums Alive	6:00am- Total Body Sculpt 6:00am- Y Cycling 9:00am- SS Classic 10:00am- Zumba 11:00am- Pilates Plus 12:10pm- Y Cycling 12:10pm- Run & Lift 5:30pm – Cardio Kickboxing 5:40pm- HIIT	9:00am- Cardio Fusion 9:15am- SS Yoga 10:00am- SS Circuit 12:10pm- HIIT 5:30pm- Forever Fit Saturday- 15th 8:00am- Y Cycling 9:00am – HOT Yoga with SUP practice (on pool deck)

Week 2

Monday- Dec. 17 th	Tuesday- Dec. 18 th	Wednesday- Dec. 19 th	Thursday-Dec. 20 th	Friday-Dec. 21 st
9:00am- Cardio Fusion 9:15am- SS Yoga 10:00am- SS Circuit 12:10pm- HIIT 5:30pm- Y Cycling 5:30pm- Forever Fit	6:00am- Y Cycling 10:00am- Zumba 12:10pm- Y Cycling 5:30pm- Pilates Plus 5:30pm – Cardio Kickboxing	9:00am- Cardio Fusion 9:15am- SS Yoga 10:00am- SS Circuit 12:10pm- HIIT 5:30pm- Forever Fit	6:00am- Y Cycling 10:00am- Zumba 12:10pm- Y Cycling 4:30pm- Pilates Plus 6:30pm- Zumba Plus All Strength	9:00am- Cardio Fusion 9:15am- SS Yoga 10:00am- SS Circuit 12:10pm- HIIT 5:30pm- Forever Fit Saturday- 22nd 8:00am- Y Cycling 9:00am- Total Body Sculpt

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	6:00pm- Holiday HIIT (Warrior Room)	6:00am- Y Cycling 12:10pm- Y Cycling 5:30pm- All Strength (Weight Room)	12:10pm- HIIT Saturday- 29th 8:00am- Y Cycling

Week 4

Monday- Dec. 31 st	Tuesday- Jan. 1 st	Wednesday- Jan. 2 nd	Thursday- Jan. 3 rd	Friday-Jan. 4 th
12:10pm- HIIT YMCA CLOSSES AT 4PM	YMCA CLOSED	5:30pm- Spin & Lift	6:00am- Y Cycling 12:10pm- Y Cycling 5:30pm – Cardio Kickboxing	12:10pm- HIIT Saturday- 5th 8:00am- Y Cycling

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