


**Holiday Mini Session**  
**Group Fitness Class Schedule- \*Piqua Branch\***  
**Dec. 18<sup>th</sup>-Jan. 6<sup>th</sup> – \*\*Three Weeks of Unlimited Drop in Classes\*\***

Cost: Health Center Members- FREE; Members- \$15; Non-Members- \$45

**Week 1**

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>
6am HIIT Express	6am Y Cycling 6am Total Body Flex	6am HIIT Express	6am Y Cycling 6am Total Body Flex & Strength	
11am Arthritis Aquatics (Pool)	9am SS Classic 10am Pilates+ Yoga 11am Arthritis Aquatics (Pool)	11am Arthritis Aquatics (Pool)	11am Arthritis Aquatics (Pool)	11am Arthritis Aquatics (Pool)
12:10pm H.I.I.T	11:30am SS Enerchi 12:15pm SS Enerchi 12:10pm Run & Lift 12:10pm Y Cycling	12:10pm H.I.I.T	11:30am SS Enerchi 12:15pm SS Enerchi 12:10pm Y Cycling	12:10pm H.I.I.T
4:15pm BARRE	5:30pm Total Body Flex & Strength	4:15pm BARRE	5:30pm Active Stretch & Mobility	
6:35pm H.I.I.T		6:35pm H.I.I.T		<b>Saturday- Dec. 23<sup>rd</sup></b> 8:00am Y Cycling

**Week 2**

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>
**Christmas Day** YMCA is Closed 	6am Y Cycling 6am Total Body Flex & Strength	6am HIIT Express	6am Y Cycling	6am HIIT Express
	12:10pm Y Cycling	9:30am SS Circuit 10:20am SS Yoga	11:00am Pilates + Yoga 12:10pm Y Cycling	10:00am SS Circuit
	5:30pm Total Body Flex & Strength	12:10pm H.I.I.T	5:30pm Active Stretch & Mobility	12:10pm H.I.I.T
		6:35pm H.I.I.T		<b>Saturday- Dec. 30<sup>th</sup></b> 8:00am Y Cycling

**Week 3**

Monday Jan. 1 <sup>st</sup>	Tuesday Jan. 2 <sup>nd</sup>	Wednesday Jan. 3 <sup>rd</sup>	Thursday Jan. 4 <sup>th</sup>	Friday Jan. 5 <sup>th</sup>
*New Year's Day* YMCA is Closed		6am HIIT Express		6am HIIT Express
	11:00am Pilates + Yoga 12:10pm Y Cycling	9:30am SS Circuit 10:20am SS Yoga 12:10pm H.I.I.T	9:05am Y Cycling 12:10pm Y Cycling	9:00am Stretch & Recover 10:00am SS Circuit 12:10pm H.I.I.T
	5:30pm Total Body Flex & Strength	6:35pm H.I.I.T	5:30pm Active Stretch & Mobility	<b>Saturday- Jan. 6<sup>th</sup></b> 8:00am Y Cycling

\*SS= Silver Sneakers

**Holiday Mini Session / Group Fitness Class Schedule / Robinson Branch**  
**December 18<sup>th</sup> 2023 – January 6<sup>th</sup> 2024 – Registration begins December 11<sup>th</sup>, 2023**  
**Cost: Health Center Members– FREE; Members- \$15; Non-Members- \$45**

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>	Saturday Dec 23 <sup>rd</sup>
<b>Multi-Purpose Room</b> 5:30am PULSE 8am Step Aerobics 9am CORE Fit 10:15am Low Impact Aerobics 5:30pm Zumba  <b>Aerobic/Cycling Room</b> 9:30am Spin & Sculpt 6:30pm Yogalates	<b>Multi-Purpose Room</b> 8am CORE Fit 9:05am Moderate Intensity Strength 10:45am Dance Fitness 5:30pm PULSE  <b>Aerobic/Cycling Room</b> 5:30am Y Cycling 4:30pm Y Cycling  <b>Meeting Room B</b> 9:15am Yoga	<b>Multi-Purpose Room</b> 5:30am PULSE 8am Step Aerobics 9am CORE Fit 10:15am Low Impact Aerobics 7pm Yoga  <b>Aerobic/Cycling Room</b> 8am Y Cycling 9:30am Spin & Sculpt	<b>Multi-Purpose Room</b> 8am CORE Fit 9:05am Moderate Intensity Strength 10:45am Dance Fitness 5:30pm PULSE  <b>Aerobic/Cycling Room</b> 5:30am Y Cycling 4:30pm Y Cycling  <b>Meeting Room B</b> 9:15am Yoga	<b>Multi-Purpose Room</b> 5:30am PULSE 8am Step Aerobics 9am CORE Fit 10:15am Low Impact Aerobics  <b>Aerobic/Cycling Room</b> 8am Y Cycling	<b>Multi-Purpose Room</b> 7:30am Strictly Strength

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>	Saturday Dec 30 <sup>th</sup>
<b><u>The YMCA is CLOSED</u></b>  <b>Merry Christmas to ALL</b>	<b>Multi-Purpose Room</b> 5:30pm PULSE  <b>Aerobic/Cycling Room</b> 5:30am Y Cycling  <b>Meeting Room B</b> 9:15am Yoga	<b>Multi-Purpose Room</b> 5:30am PULSE 9am CORE Fit 7pm Yoga  <b>Aerobic/Cycling Room</b> 8am Y Cycling 9:30am Spin & Sculpt	<b>Multi-Purpose Room</b> 8am CORE Fit 10:45am Dance Fitness 5:30pm PULSE  <b>Aerobic/Cycling Room</b> 5:30am Y Cycling  <b>Meeting Room B</b> 9:15am Yoga	<b>Multi-Purpose Room</b> 5:30am PULSE 9am CORE Fit  <b>Aerobic/Cycling Room</b> 8am Y Cycling	<b>Multi-Purpose Room</b> 7:30am Strictly Strength

Monday Jan 1 <sup>st</sup>	Tuesday Jan 2 <sup>nd</sup>	Wednesday Dec Jan 3 <sup>rd</sup>	Thursday Jan 4 <sup>th</sup>	Friday Jan 5 <sup>th</sup>	Saturday Jan 6 <sup>th</sup>
<b><u>The YMCA is CLOSED</u></b>  <b>Happy New Year's</b>	<b>Multi-Purpose Room</b> 8am CORE Fit 9:05am Moderate Intensity Strength 10:45am Dance Fitness 5:30pm PULSE  <b>Aerobic/Cycling Room</b> 5:30am Y Cycling  <b>Meeting Room B</b> 9:15am Yoga	<b>Multi-Purpose Room</b> 5:30am PULSE 8am Step Aerobics 9am CORE Fit 10:15am Low Impact Aerobics 7pm Yoga  <b>Aerobic/Cycling Room</b> 8am Y Cycling 9:30am Spin & Sculpt	<b>Multi-Purpose Room</b> 8am CORE Fit 9:05am Moderate Intensity Strength 10:45am Dance Fitness 5:30pm PULSE  <b>Aerobic/Cycling Room</b> 5:30am Y Cycling 4:30pm Y Cycling  <b>Meeting Room B</b> 9:15am Yoga	<b>Multi-Purpose Room</b> 5:30am PULSE 8am Step Aerobics 9am CORE Fit 10:15am Low Impact Aerobics  <b>Aerobic/Cycling Room</b> 8am Y Cycling	<b>Multi-Purpose Room</b> 7:30am Strictly Strength 9:30am Zumba

# Holiday Mini Session Aquatics Class Schedule \*Robinson Branch\*


**Dec. 18<sup>th</sup>-Jan. 6<sup>th</sup> – Registration begins December 11<sup>th</sup>**

**Cost: Health Center Members- FREE; Members- \$15; Non-Members- \$45**

## Week 1

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>
8am Aqua Power	8am Water in Motion	8am Aqua Power	8am Water in Motion	8am Aqua Power
10am MS	9am Aqua Power	8:30am Arthritis	9am Aqua Power	8:30am Arthritis
	10am Silver Splash	10am MS	10am Silver Splash	11:15am Arthritis
	10am Deep Water	10am AOA	10am Deep Water	
	Power	11:15am Arthritis	Power	
	11:15am AOA	1pm Silver Splash	11:15am AOA	

## Week 2

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>**Christmas**</b> <b>YMCA is Closed</b>	10am Deep Water	8:30am Arthritis	9am Aqua Power	8:30am Arthritis
	Power	10am AOA	10am Silver Splash	11:15am Arthritis
		11:15am Arthritis	10am Deep Water	
		1pm Silver Splash	Power	
			11:15am AOA	

## Week 3

Monday Jan. 1 <sup>st</sup>	Tuesday Jan. 2 <sup>nd</sup>	Wednesday Jan. 3 <sup>rd</sup>	Thursday Jan. 4 <sup>th</sup>	Friday Jan. 5 <sup>th</sup>
<b>*New Year Day*</b> <b>YMCA is Closed</b>	9am Aqua Power	8:30am Arthritis	9am Aqua Power	8:30am Arthritis
	10am Silver Splash	10am AOA	10am Silver Splash	11:15am Arthritis
	10am Deep Water	11:15am Arthritis	10am Deep Water	
	Power	1pm Silver Splash	Power	
	11:15am AOA		11:15am AOA	

**\*SS= Silver Sneakers**

**\*\*Three Weeks of Unlimited Drop in Classes\*\***