

**Holiday Mini Session
Group Fitness Class Schedule
Robinson Branch
December 13th-31st 2021 – Registration begins December 6th**

Week 1

Monday Dec. 13 th	Tuesday Dec. 14 th	Wednesday Dec. 15 th	Thursday Dec. 16 th	Friday Dec. 17 th
Multi-Purpose Room 5:30am PULSE 8am Low Impact Aerobics 9am CORE Fit Aerobic/Cycling Room 4:30pm Y Cycling	Multi-Purpose Room 8am CORE Fit 9:05am Moderate Intensity Strength 4:15pm Total Body Sculpt 5:30pm PULSE Aerobic/Cycling Room 5:30am Y Cycling 6pm Y Cycling Meeting Room B 9am Yoga	Multi-Purpose Room 5:30am PULSE 8am Low Impact Aerobics 9am CORE Fit Aerobic/Cycling Room 8am Y Cycling 4:30pm Y Cycling	Multi-Purpose Room 8am CORE Fit 9:05am Moderate Intensity Strength 4:15pm Total Body Sculpt 5:30pm PULSE 7pm Yoga Aerobic/Cycling Room 5:30am Y Cycling 6pm Y Cycling Meeting Room B 9am Yoga	Multi-Purpose Room 5:30am PULSE 8am Step Aerobics 9am CORE Fit 10:15am Low Impact Aerobics Aerobic/Cycling Room 8am Y Cycling

Week 2

Monday Dec. 20 th	Tuesday Dec. 21 st	Wednesday Dec. 22 nd	Thursday Dec. 23 rd	Friday Dec. 24 th
Multi-Purpose Room 5:30am PULSE 8am Low Impact Aerobics 9am CORE Fit Aerobic/Cycling Room 4:30pm Y Cycling	Multi-Purpose Room 8am CORE Fit 9:05am Moderate Intensity Strength 10:45am Zumba 4:15pm Total Body Sculpt 5:30pm PULSE Aerobic/Cycling Room 5:30am Y Cycling 6pm Y Cycling Meeting Room B 9am Yoga	Multi-Purpose Room 5:30am PULSE 8am Low Impact Aerobics 9am CORE Fit Aerobic/Cycling Room 8am Y Cycling 4:30pm Y Cycling	Multi-Purpose Room 8am CORE Fit 9:05am Moderate Intensity Strength 10:45am Zumba 4:15pm Total Body Sculpt 5:30pm PULSE 7pm Yoga Aerobic/Cycling Room 5:30am Y Cycling 6pm Y Cycling Meeting Room B 9am Yoga	YMCA is Closing at 12pm

Week 3

Monday Dec. 27 th	Tuesday Dec. 28 th	Wednesday Dec. 29 th	Thursday Dec. 30 th	Friday Dec. 31 st
Multi-Purpose Room 5:30am PULSE 8am Low Impact Aerobics 9am CORE Fit	Multi-Purpose Room 8am CORE Fit 9:05am Moderate Intensity Strength 10:45am Zumba 4:15pm Total Body Sculpt 5:30pm PULSE Aerobic/Cycling Room 5:30am Y Cycling 6pm Y Cycling Meeting Room B 9am Yoga	Multi-Purpose Room 5:30am PULSE 8am Low Impact Aerobics 9am CORE Fit Aerobic/Cycling Room 8am Y Cycling	Multi-Purpose Room 8am CORE Fit 9:05am Moderate Intensity Strength 10:45am Zumba 4:15pm Total Body Sculpt 5:30pm PULSE Aerobic/Cycling Room 5:30am Y Cycling 6pm Y Cycling Meeting Room B 9am Yoga	YMCA is Closing at 4pm