

SHEBOYGAN YMCA HOLIDAY GROUP FITNESS CLASS SCHEDULE

WEEK OF 12/22: <u>MONDAY</u> ALL CLASSES RUNNING AS NORMAL	<u>TUESDAY</u> 5:45a Ultimate Bootcamp 8a Strength & Pilates 12:10p Bootcamp 5:30p Fusion Flow	<u>WEDNESDAY</u> 8:30a *special Cycle Bootcamp 9a Slow Flow yoga YMCA CLOSES AT NOON	<u>THURSDAY</u> YMCA CLOSED MERRY CHRISTMAS!!!	<u>FRIDAY</u> 5:45a Group cycle 6p Zumba	<u>SATURDAY</u> ALL CLASSES RUNNING AS NORMAL
WEEK OF 12/29: <u>MONDAY</u> 5:45a Group cycle 6a Power Flow yoga 9:30a Fit Flow 9:30a Dance Fitness 5:30p Advanced Core Strength 6:30p Zumba	<u>TUESDAY</u> 5:45a Ultimate Bootcamp 8a Strength & Pilates 9a Barre 12:10p Bootcamp 5:30p Fusion Flow	<u>WEDNESDAY</u> 9a RIPPED 9a Slow Flow yoga 12:10 Matrix Ride express YMCA CLOSES AT 4PM	<u>THURSDAY</u> YMCA CLOSED HAPPY NEW YEAR!!! 2026!!!	<u>FRIDAY</u> ALL CLASSES RUNNING AS NORMAL	<u>SATURDAY</u> ALL CLASSES RUNNING AS NORMAL