



JANUARY GROUP FITNESS SCHEDULE

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Y FIT BETH 5:15AM	Y FIT BETH 5:15AM	Y FIT BETH 5:15AM	Y FIT BETH 5:15AM	PICKLEBALL 8:30AM
YOGA KARIN 9:00AM	SILVER SNEAKERS CIRCUIT Mikala 9:00AM	PICKLEBALL 9:00AM	SILVER SNEAKERS CIRCUIT Mikala 9:00AM	
PICKLEBALL 9:00AM	CHAIR YOGA KARIN 10:15AM	CHAIR AEROBICS FRAN 9:00AM	CHAIR YOGA KARIN 10:15AM	
YOGA SCULPT SARAH BAKER 4:30PM	PICKLEBALL 10:00AM	Y FIT JUSTIN 6:30PM	PICKLEBALL 3:00PM	
DANCE FIT DAISY 6:30PM	PICKLEBALL 3:00PM		MOVE IT, SHAKE IT, LIFT IT SARAH BAKER 4:30PM	
	Y FIT JUSTIN 5:30PM			

The YMCA will close all day January 1st for New Years Day.