

YMCA Group Exercise Calendar

December

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	<u>Hours of Operation</u> Mon - Thurs: 5 am - 9:30 pm Fri: 5 am - 8:30 pm Sat: 7 am - 6 pm Sun: 1 pm - 5 pm	<u>Membership Services Phone #</u> 423-247-9622			1 8:45am - 9:30am BodySculpt (CP) 9:30am - 9:40am Abs (CP) 9:45am - 10:30am Step (CP)	2 9:00am Yoga (AM) 9:15am Kickboxing (SC) 10:00am Cycling (AM)
3 2:00pm Cycling (CP)	4 9:15am Step, Punch & Crunch (CP) 5:15pm CycleKaraoke (SC) 5:30pm Pilates (DT) 6:30pm Cycling (PA)	5 9:00am BodySculpt (AM) 10:00am Pilates / Ball (JG) 4:45pm Step (KM) 5:30pm BodySculpt (KM) 5:30pm Cycling (AS) 6:30pm Yoga / Pilates (AS)	6 5:50am Cycling (AS) 8:45am Boot Camp (AM) 5:30pm Cycling (AB) 5:30pm Fit Ball Fun (JH)	7 9:00am Cycling (CP) 9:00am Mom & Me (LN) 4:45pm Step (KM) 5:30pm BodySculpt (KM) 5:30pm Cycling (AS) 6:30pm Pilates / Ball (AS)	8 8:45am - 9:30am BodySculpt (CP) 9:30am - 9:40am Abs (CP) 9:45am - 10:30am Step (CP)	9 9:00am Yoga (AM) 9:15am Kickboxing (LQ) 10:00am Cycling (AM)
10 2:00pm Cycling (CP)	11 9:15am Step, Punch & Crunch (CP) 5:15pm CycleKaraoke (SC) 5:30pm Pilates (DT) 6:30pm Cycling (PA)	12 9:00am BodySculpt (AM) 10:00am Pilates / Ball (JG) 4:45pm Step (KM) 5:30pm BodySculpt (KM) 5:30pm Cycling (AS) 6:30pm Yoga / Pilates (AS)	13 5:50am Cycling (AS) 8:45am Boot Camp (AM) 5:30pm Cycling (AB) 5:30pm Fit Ball Fun (JH)	14 9:00am Cycling (CP) 9:00am Mom & Me (LN) 4:45pm Step (KM) 5:30pm BodySculpt (KM) 5:30pm Cycling (AS) 6:30pm Pilates / Ball (AS)	15 8:45am - 9:30am BodySculpt (CP) 9:30am - 9:40am Abs (CP) 9:45am - 10:30am Step (CP)	16 9:00am Yoga (AM) 9:15am Kickboxing (SC) 10:00am Cycling (AM)
17 2:00pm Cycling (CP)	18 9:15am Step, Punch & Crunch (CP) 5:15pm CycleKaraoke (SC) 5:30pm Pilates (DT) 6:30pm Cycling (PA)	19 9:00am BodySculpt (AM) 10:00am Pilates / Ball (JG) 4:45pm Step (KM) 5:30pm BodySculpt (KM) 5:30pm Cycling (AS) 6:30pm Yoga / Pilates (AS)	20 5:50am Cycling (AS) 8:45am Boot Camp (AM) 5:30pm Cycling (AB) 5:30pm Fit Ball Fun (JH)	21 9:00am Cycling (CP) 9:00am Mom & Me (LN) 4:45pm Step (KM) 5:30pm BodySculpt (KM) 5:30pm Cycling (AS) 6:30pm Pilates / Ball (AS)	22 8:45am - 9:30am BodySculpt (CP) 9:30am - 9:40am Abs (CP) 9:45am - 10:30am Step (CP)	23 9:00am Yoga (AM) 9:15am Kickboxing (LQ) 10:00am Cycling (AM)
24 NO CLASSES TODAY	25 NO CLASSES TODAY	26 9:00am BodySculpt (AM) 10:00am Pilates / Ball (AM) 4:45pm Step (LQ) 5:30pm BodySculpt (LQ) 5:30pm Cycling (CP) 6:30pm Yoga / Pilates (SC)	27 5:50am Cycling (AS) 8:45am Boot Camp (AM) 5:30pm Cycling (AB) 5:30pm Fit Ball Fun (LQ)	28 9:00am Cycling (CP) 9:00am Mom & Me (LN) 4:45pm Step (PA) 5:30pm BodySculpt (PA) 5:30pm Cycling (AS) 6:30pm Pilates / Ball (AS)	29 8:45am - 9:30am BodySculpt (CP) 9:30am - 9:40am Abs (CP) 9:45am - 10:30am Step (CP)	30 9:00am Yoga (AM) 9:15am Kickboxing (SC) 10:00am Cycling (AM)
31 NO CLASSES TODAY						

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