



# December



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 8:30 Yoga — VI 5:30-6:30 Mixxed Fit —CS	2 8:00-9:00 Cardio Core —JF 9:00-9:30 Y-Fit—SA 9:30-10:15 S.D.L.— SA 5:30-6:30 Mixxed Fit —CS	3 8:30 Yoga — VI 5:30-6:30 Family Fitness-BG	4 8:00-9:00 Cardio Core —JF 9:00-9:30 Y-Fit—SA 9:30-10:15 S.D.L.— SA	5
6	7 8:00-9:00 Cardio Core —JF 9:00-9:30 Y-Fit-SA 9:30-10:15 S.D.L.— SA 5:30-6:30 Family Fitness —BG	8 8:30 Yoga — VI 5:30-6:30 Mixxed Fit —CS	9 8:00-9:00 Cardio Core —JF 9:00-9:30 Y-Fit—SA 9:30-10:15 S.D.L.— SA 5:30-6:30 Mixxed Fit —CS	10 8:30 Yoga — VI 5:30-6:30 Family Fitness-BG	11 8:00-9:00 Cardio Core —JF 9:00-9:30 Y-Fit—SA 9:30-10:15 S.D.L.— SA	12
13	14 8:00-9:00 Cardio Core —JF 9:00-9:30 Y-Fit-SA 9:30-10:15 S.D.L.— SA 5:30-6:30 Family Fitness —BG	15 8:30 Yoga — VI 5:30-6:30 Mixxed Fit —CS	16 8:00-9:00 Cardio Core —JF 9:00-9:30 Y-Fit—SA 9:30-10:15 S.D.L.— SA 5:30-6:30 Mixxed Fit —CS	17 8:30 Yoga — VI 5:30-6:30 Family Fitness-BG	18 8:00-9:00 Cardio Core —JF 9:00-9:30 Y-Fit—SA 9:30-10:15 S.D.L.— SA	19
20	21 8:00-9:00 Cardio Core —JF 9:00-9:30 Y-Fit -SA 9:30-10:15 S.D.L.— SA 5:30-6:30 Family Fitness —BG	22 8:30 Yoga — VI 5:30-6:30 Mixxed Fit —CS	23 8:00-9:00 Cardio Core —JF 9:00-9:30 Y-Fit—SA 9:30-10:15 S.D.L.— SA 5:30-6:30 Mixxed Fit —CS	24 <b>CLOSED</b> <b>Merry Christmas!</b>	25 <b>CLOSED</b> <b>Merry Christmas!</b>	26
27	29 8:00-9:00 Cardio Core —JF 9:00-9:30 Y-Fit—SA 9:30-10:15 S.D.L.— SA 5:30-6:30 Family Fitness —BG	29 8:30 Yoga — VI 5:30-6:30 Mixxed Fit —CS	30 8:00-9:00 Cardio Core —JF 9:00-9:30 Y-Fit—SA 9:30-10:15 S.D.L.— SA 5:30-6:30 Mixxed Fit —CS	31 8:30 Yoga — VI 5:30-6:30 Family Fitness-BG		

**HOURS OF OPERATION**  
**MONDAY-THURSDAY**  
 5:00AM-9:00PM  
**FRIDAY**  
 5:00AM-7:00PM  
**SATURDAY**  
 8:00AM-3:00PM  
**SUNDAY**  
 1:30PM-5:00PM

**YMCA INSTRUCTORS**  
 MA- Meka Adams  
 JL- Jo Ann Lipscomb  
 SA-Susan Adams  
 BG-Brian Gregory  
 VI-Virtual Instructor  
 CS—Cassie Smith  
 JF— Josh Freeman

**CHILD WATCH HOURS**  
**MONDAY-FRIDAY**  
 8:00AM-11:00AM  
**MONDAY-THURSDAY**  
 4:00PM-8:00PM  
**NO WEEKEND**