



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# **HOLIDAY HEALTHY LIVING SCHEDULE (12/22-1/3)**

**\*\* NO CLASSES Wednesday, 12/24 – Thursday, 1/1 \*\***

## **Monday, December 22nd:**

Aerobics for All 8am

Cycle 8am

Zumba 8am

Yoga 9:15am

## **Tuesday, December 23rd:**

Cycle 8am

Chair Yoga 8:30am

Enhanced Fitness 9:30am

## **Friday, January 2nd:**

Aerobics for All 8am

Yoga 9:30am

Sit & Stretch 9:30am

## **Saturday, January 3rd:**

Cycle 8am

Zumba 8:30am

Strength & Stretch 9:30am