

FITNESS CHRISTMAS SCHEDULE

Dec 22	8:30am	Bollywood Aerobic	Parmita
	4:45pm	Pilates	Cheri
	5:30pm	Step	Jackie/Luray
	6:30pm	Zumba (In Gym)	Pamela

NO CLASSES DECEMBER 23RD,24TH,25TH & 26TH

Dec 27	8:30am	Turbo Kick	Monica Brezing "Guest Frisco Texas"
	8:30am	Tai-Chi	Pamela
	4:30pm	Pilates	Cheri
	5:30pm	Zumba (In Gym)	Luray
	6:30pm	Power Yoga	Pamela

Dec 28	7:30am	Total Body Flex	Pamela
	8:30am	Pilates	Leandra
	4:45pm	Cardio Pump	JoAnn/Yvonne
	5:30pm	Turbo/Kick	Monica Brezing "Guest" Frisco Texas
	6:30pm	Bollywood Aerobic	Parmita

Dec 29	8:30am	Bollywood Aerobic	Parmita
	4:45pm	Pilates	Cheri
	5:30pm	Step	Jackie/Luray
	6:30pm	Zumba (In Gym)	Pamela

NO CLASSES DECEMBER 30TH & 31ST

Merry Christmas from all your YMCA instructors!