

Don't let your **HEALTH** take a **HOLIDAY**

HOLIDAY CLASS SCHEDULE

Door County YMCA

Keep the momentum from previous classes going into the new year and our Winter 1 Session! We will be having a variety of different classes during break week (December 21-January 3). \$7.00 drop-in fee for Body Pump Classes. All other classes will also be offered as FREE Try-It Classes with the donation of a personal care item to the Community Closet. No registration is required.

SUNDAY 12/21

Power Lift • 10:00am-11:00am

MONDAY 12/22

Cycle • 5:15am-5:50am
Fit for Life • 6:15am-7:00am
Beg./Int. Yoga • 8:00am-8:45am
Healthy Choice • 8:00am-9:00am
Body Pump • 8:15am-9:15am
Sprint 8 • 11:30am-12:00pm
Dance Fit • 5:00pm-5:45pm
Sprint 8 • 5:15pm-5:45pm
POWER Express • 5:45pm-6:15pm

TUESDAY 12/23

Flex Power • 5:15am-6:00am
POWER • 5:30am-6:30am
Cycle • 8:00am-8:45am
POWER • 9:15am-10:15am

WEDNESDAY 12/24

Body Pump • 8:15am-9:15am

FRIDAY 12/26

Body Pump • 8:15am-9:15am

SATURDAY 12/27

Body Pump • 9:00am-10:00am



GREEN = KANE CENTER

RED = STURGEON BAY

Drop-in fee for
Body Pump **\$7**

All Other
Classes **FREE**

with a donation of a personal care
item to the Community Closet

SUNDAY 12/28

Power Lift • 10:00am-11:00am

MONDAY 12/29

Cycle • 5:15am-5:50am
Fit for Life • 6:15am-7:00am
Beg./Int. Yoga • 8:00am-8:45am
Healthy Choice • 8:00am-9:00am
Body Pump • 8:15am-9:15am
Sprint 8 • 11:30am-12:00pm
Dance Fit • 5:00pm-5:45pm
Sprint 8 • 5:15pm-5:45pm

TUESDAY 12/30

Flex Power • 5:15am-6:00am
POWER • 5:30am-6:30am
Yoga Nidra Meditation • 11:00am-12:00pm

WEDNESDAY 12/31

Body Pump • 8:15am-9:15am

FRIDAY 1/2

Beg./Int. Yoga • 8:00am-8:45am
Flex Power • 9:15am-10:15am

SATURDAY 1/3

Body Pump • 9:00am-10:00am