




## Healthy Holidays • Break week fitness schedule

### Northern Door Program Center

Drop-in fees are either \$5.00 or \$7.00 based on what class you attend. Daily Drop-in Fee for community members will apply.

These classes are  
only  
IN-PERSON

Monday, December 21	Tuesday December 22	Wednesday December 23	Thursday December 24	Friday December 25
8:00 am-9:00 am <b>Body Pump-\$5.00</b> Heather	8:00 am-9:00 am <b>Aqualite-FREE</b> Mary G	8:00 am-9:00 am <b>Body Pump-\$5.00</b> Katy	<b>Christmas Eve NO CLASSES</b>	<b>Christmas YMCA CLOSED</b> 
9:00 am-10:05 am <b>Pilaqua-\$5.00</b> Mary G	9:00 am-10:00 am <b>Yoga - \$7.00</b> Liz	9:00 am-10:05 am <b>Pilaqua-\$5.00</b> Mary G		
	4:30 pm-5:30 pm <b>Body Pump-\$5.00</b> Chris			

Monday, December 28	Tuesday December 29	Wednesday December 30	Thursday December 31	Friday January 1
8:00 am-9:00 am <b>Body Pump-\$5.00</b> Heather	8:00 am-9:00 am <b>Aqualite-FREE</b> Mary G	8:00 am- 9:00 am <b>Body Pump-\$5.00</b> Chris	<b>New Years Eve YMCA Open 6:00 am- 4:00 pm</b>	11:30 am- 12:30 pm <b>Body Pump-\$5.00</b> Heather
9:00 am-10:05 am <b>Pilaqua-\$5.00</b> Mary G	9:00 am-10:00 am <b>Yoga - \$7.00</b> Liz	9:00 am-10:05 am <b>Pilaqua-\$5.00</b> Mary G		
	4:30 pm-5:30 pm <b>Body Pump-\$5.00</b> Chris			