



## Healthy Holidays • Break week fitness schedule **Sturgeon Bay 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
5:15 am-5:50 am  Cycle • MPR  \$5.00  Laurie	5:15 am-6:00 am Flex Power • MPR \$5.00 Laurie	5:15 am-5:50 am  Cycle • MPR  \$5.00  Laurie	Christmas Eve NO CLASSES	Christmas YMCA CLOSED
6:15 am- 7:00 am Fit For Life • Gym FREE	6:50 am- 7:50 am  Yoga • MPR  \$7.00	6:15 am- 7:00 am Fit For Life • Gym FREE		
Alyssa	Alyssa	Kelsey		
8:00 am - 9:00 am  Healthy Choice • Gym FREE	9:00 am - 10:00 am  Healthy Choice • Gym FREE	8:00 am - 9:00 am  Healthy Choice • Gym  FREE		
Mary Claire	Mary Claire	Mary Claire		
8:15 am - 9:15 am Step • MPR FREE Sarah		9:00 am - 10:00 am  RIP • MPR  \$5.00  Sarah		
5:15 pm - 5:45 pm  Cycle • MPR  \$5.00  Sarah				

Holiday Schedule for December 28 - December 30







Don't forget to register for your favorite class for Winter 1 Session!











only IN-PERSON

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Monday,	Tuesday	Wednesday	Thursday
December 28	December 29	December 30	December 31
5:15 am-5:50 am	5:15 am-6:00 am	5:15 am-5:50 am	9:00 am - 10:00 am
Cycle • MPR	Flex Power • MPR	Cycle • MPR	Healthy Choice • Gym
\$5.00	\$5.00	\$5.00	FREE
Laurie	Laurie	Laurie	Sarah
6:15 am- 7:00 am	6:50 am- 7:50 am	6:15 am- 7:00 am	
Fit For Life • Gym	Yoga • MPR	Fit For Life • Gym	
FREE	\$7.00	FREE	
Alyssa	Alyssa	Kelsey	
8:00 am - 9:00 am	9:00 am - 10:00 am	8:00 am - 9:00 am	
Healthy Choice • Gym	Healthy Choice • Gym	Healthy Choice • Gym	
FREE	FREE	FREE	
Mary Claire	Mary Claire	Mary Claire	
8:15 am - 9:15 am		9:00 am - 10:00 am	
Step • MPR		RIP • MPR	
FREE		\$5.00	
Sarah		Sarah	
5:15 pm - 5:45 pm			
Cycle • MPR			
\$5.00			
Sarah			

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