




## 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 <b>Cycle • MPR</b> <b>\$5.00</b> Laurie	5:15 am-6:00 am <b>Flex Power • MPR</b> <b>\$5.00</b> Laurie	5:15 am-5:50 am <b>Cycle • MPR</b> <b>\$5.00</b> Laurie	Christmas Eve NO CLASSES	Christmas YMCA CLOSED 
6:15 am- 7:00 am <b>Fit For Life • Gym</b> <b>FREE</b> Alyssa	6:50 am- 7:50 am <b>Yoga • MPR</b> <b>\$7.00</b> Alyssa	6:15 am- 7:00 am <b>Fit For Life • Gym</b> <b>FREE</b> Kelsey		
8:00 am - 9:00 am <b>Healthy Choice • Gym</b> <b>FREE</b> Mary Claire	9:00 am - 10:00 am <b>Healthy Choice • Gym</b> <b>FREE</b> Mary Claire	8:00 am - 9:00 am <b>Healthy Choice • Gym</b> <b>FREE</b> Mary Claire		
8:15 am - 9:15 am <b>Step • MPR</b> <b>FREE</b> Sarah		9:00 am - 10:00 am <b>RIP • MPR</b> <b>\$5.00</b> Sarah		
5:15 pm - 5:45 pm <b>Cycle • MPR</b> <b>\$5.00</b> Sarah				

## Holiday Schedule for December 28 - December 30



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

STAY CONNECTED



[www.DoorCountyYMCA.org](http://www.DoorCountyYMCA.org)



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IN-PERSON

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

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