

# FITNESS DOESN'T STOP!

## 2025 Winter Break Group Exercise Schedule

**DON'T MISS A WORKOUT THIS HOLIDAY SEASON!**

**We have a modified Group Exercise Class Schedule for you to enjoy.**

**ALL GROUP EXERCISE CLASSES ARE INCLUDED IN YOUR MEMBERSHIP**

MONDAY 12/22/25	TUESDAY 12/23/25		MONDAY 12/29/25	TUESDAY 12/30/25
5:45-6:30am Boot Camp Davis/Riggins - Bert	5:45-6:30am Spin Rotary - Bert		5:45-6:30am Boot Camp Davis/Riggins - Bert	5:45-6:30am Spin Rotary - Bert
9:15-10:00am Tonezone Riggins - Kathy	9:15-10:00am Barre Above Davis - Chris		9:15-10:00am Tonezone Riggins - Kathy	9:15-10:00am Pilates Davis - Chris
<b>AQUA</b> 9:15-10:00am Aqua Barre Kontes Pool - Chris	9:15-10:00am Spin Rotary - Kathy		<b>AQUA</b> 9:15-10:00am Aqua Barre Kontes Pool - Chris	9:15-10:00am Spin Rotary - Kathy
10:15-11:00am Cardio Drumming Riggins - Kathy	<b>AQUA</b> 9:15-10:00am Deep Water Exercise Kontes Pool - Wayne		10:15-11:00am Cardio Drumming Riggins - Kathy	<b>AQUA</b> 9:15-10:00am Deep Water Exercise Kontes Pool - Larry
	<b>AQUA</b> 10:15-11:00am Shallow Water Exercise Kontes Pool - Crystal		10:15-11:00am Gentle Yoga Davis - Tracey	<b>AQUA</b> 10:15-11:00am Shallow Water Exercise Kontes Pool - Crystal
6:00-7:00pm Strong Nation™ Riggins - Keishla	10:15-11:00am Zumba™ Riggins - Megan		6:00-7:00pm Strength Train Together Riggins - Megan	10:15-11:00am Zumba™ Riggins - Megan
7:00-8:00pm Zumba™ Riggins - Megan	6:00-6:45pm Kickboxing Davis - Orlando		7:15-8:00pm Zumba™ Riggins - Megan	6:00-6:45pm Kickboxing Davis - Orlando
	7:00-7:45pm Slow Flow Vinyasa Yoga Davis - Lynne			7:00-7:45pm Y Muscle Max Riggins - Orlando

### YMCA Holiday Hours:

Christmas Eve: 7:00am-2:00pm

Christmas Day: CLOSED

New Years Eve: 7:00am-2:00pm

New Years Day: 7:00am-2:00pm

\*Pool will open 7:30am-1:30pm

### Never miss a workout!

Download the YMCA360 app today  
and gain access to hundreds of  
YMCA exercise and wellness videos  
from across the Country!



**HAVE A SAFE, HAPPY, AND HEALTHY  
HOLIDAY SEASON FROM OUR YMCA  
FAMILY TO YOURS!**

