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## WESTHILLS YMCA-YWCA — Holiday Program Schedule (Group Fitness/Children, Youth, Family)

Effective December 23rd—January 1st

ROOM	MONDAY —23rd	TUESDAY —24th	WEDNESDAY —25th	THURSDAY—26th	FRIDAY—27th	SATURDAY—28th	SUNDAY—29th	MONDAY —30th	TUESDAY—31st	WEDNESDAY-
		Closing at 4pm							Closing at 4pm	JAN 1st
Fitness Studio	Bootcamp 9:05-9:55am	Cardio Fit	CHRISTMAS	BOXING	Bootcamp 9:05-9:55am	Total Body 9:05-9:55am	Yoga 8:35-9:25am	Yoga 10:05-10:55am	Cardio Fit	NEW
	Yoga 10:05-10:55am	9:00-9:25am Core Strength	DAY	DAY	Yoga 10:05-10:55am	Zumba 10:05-10:55am	Yoga 10:35-11:25am	Pilates 11:05-11:55am	9:00-9:25am Core Strength	YEARS
	Pilates 11:05-11:55am	9:35-10:25am		0,11	Cardio Dance	Barre 11:05-11:55am		Interval EXPRESS	9:35-10:25am	DAY
	Interval EXPRESS	Gentle Fit		STAT	11:05-11:55am			5:30-6:00pm	Gentle Fit	
	5:30-6:00pm	10:35-11:25am	FACILITY		Interval Express			Yoga 6:05-6:55pm	10:35-11:25am	
	Yoga 6:05-6:55pm	Barre 11:35am-12:25pm	CLOSED HOL	HOLIDAY	5:30-6:00pm				Barre	STAT
	Core Strength								11:35am-12:25pm	HOLIDAY
	7:05-7:55pm			Facility						Facility
Playcare	8:45am-12:30pm	8:45am-12:30pm		Hours	8:45am-12:30pm	8:45am-12:30pm	8:45am-12:30pm	8:45am-12:30pm	8:45am-12:30pm	
(0-5 years) &				7am-6pm						Hours
Kids Club (6-9 years,				7am-opm						7am-6pm
evening	5:00pm-8:00pm			Pool Hours				5:00pm-8:00pm		Pool Hours
only)				(7:30am-						(7:30am-
Activity	Synrgy EXPRESS	Synrgy EXPRESS		5pm)					Synrgy EXPRESS	
Room 2	6:30pm-7:00pm	9:05am-9:35am							9:05am-9:35am	5pm)
	Cycle Fit 8:00-8:50am	Cycle Fit EXPRESS			Cycle Fit EXPRESS	Cycle Fit 9:30-10:20am	Cycle Fit 9:30-10:20am	Cycle Fit 8:00-8:50am	Cycle Fit EXPRESS	
Curle Fit	Cycle Fit EXPRESS	9:30-10am		NO	8:00-8:30am				9:30-10am	NO
Cycle Fit	5:30-6:00pm			PROGRAMS						PROGRAMS
Activity	Discovery Club	Move & Groove			Discovery Club	Active Games	Creative Play	Discovery Club	Move & Groove	
	(6-12yrs) 9:00am-10:30am	(3-5yrs) 9:00am-10:30am			(6-12yrs) 9:00am-10:30am	(6-12yrs) 9:00am-11:00am	(6-12yrs) 10:00am-11:30am	(6-12yrs) 9:00am-10:30am	(3-5yrs) 9:00am-10:30am	
					5.00am-10.50am	5.00am-11.00am	10.00011-11.50011			
Room 3	Multi-Sports (6-12yrs)	Family Indoor Playground					Family Indoor	Multi-Sports (6-12yrs)	Family Indoor Playground	
	5:00pm-7:00pm	10:30am-12:00pm					Playground	5:00pm-7:00pm	10:30am-12:00pm	
	Zumba 7:05-7:55pm						11:30am-1:00pm	Zumba 7:05-7:55pm		
Pool	Aqua Fit 10:05-10:55am	Aqua Fit			Aqua Circuit 9-9:45am		Aqua Fit 10:05-10:55am	Aqua Fit 10:05-10:55am	Aqua Fit 10:05-10:55am	
	Aqua Fit 7:35-8:25pm	10:05-10:55am								