



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

Effective December 23rd—January 1st

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