



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

Effective January 2nd—January 5th

ROOM	THURSDAY —2nd	FRIDAY—3rd	SATURDAY—4th	SUNDAY—5th	
Fitness Studio	Cardio Fit 9:00am-9:25am Core Strength 9:35am-10:25am Cardio Strength 11:35am-12:25pm Barre 6:05pm-6:55pm Bootcamp 7:05pm-7:55pm	Bootcamp 9:05-9:55am Yoga 10:05-10:55am Cardio Dance 11:05-11:55am	Total Body 9:05-9:55am Zumba 10:05-10:55am Barre 11:05-11:55am	Yoga 8:35-9:25am Bootcamp 9:35-10:25am Yoga 10:35-11:25am	<p>Regular Programs resume January 6th, 2020</p>
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	
Activity Room 2	Synrgy EXPRESS 9:05am-9:35am Small Group Training 5:30-6:30pm				
Cycle Fit	Cycle Fit 9:30-10:20am	Cycle Fit EXPRESS 8:00-8:30am	Cycle Fit 9:30-10:20am	Cycle Fit 9:30-10:20am	
Activity Room 3	Move & Groove (3-5yrs) 10:00am-11:30am Family Indoor Playground 10:30am-12:00pm	Discovery Club (6-12yrs) 9:00am-10:30am	Active Games (6-12yrs) 9:00am-11:00am	Creative Play (6-12yrs) 10:00am-11:30am Family Indoor Playground 11:30am-1:00pm	
Pool	Aqua Combo 10:05am-10:55am Aqua Fit 6:25pm-7:35pm	Aqua Circuit 9am-9:45am Aqua Fit 10:05am-10:55am		Aqua Fit 10:05-10:55am	