



**Avalon Park YMCA**

# **HOLIDAY SCHEDULE**

## **Wednesday, Christmas Eve (open 8am-2pm)**

- 8:45-9:15am Merry Muscle Toning**
- 9:15-10:00am Christmas Cardio-Strength**
- 9:15-10:00am Kids Fitness**
- 10:00-10:15am Holly Jolly Abs**
- 10:15-10:30am Stress-free Stretch**
- 10:30-11:15am Yuletide Yoga**



## **Thursday, Christmas Day - CLOSED - MERRY CHRISTMAS!**

## **Friday, December 26th (open 8am-5pm)**

- 8:15-9:00am Spin & Tone**
- 9:15-10:00am Post Christmas Cardio-Strength**
- 9:15-10:00am Kids Fitness**
- 10:00-10:15am All About Abs/Core**
- 10:15-10:30am Stress-free Stretch**
- 10:30-11:15am Holiday Recovery Yoga**

## ***December 26, 27, 28***

***All classes will be held outdoors. Group Exercise Room Wood Floors are Being Re-finished & Carpet Replaced!***

## **Saturday, December 27th (open 8am-5pm)**

### **Regular Class Schedule**

## **Sunday, December 28th (Facility is CLOSED for improvements)**

### **Regular Class Schedule**

**All regular Sunday classes will be held outside at the park. The facility will be closed all day. Child Development will not be available for the Group Exercise Classes. All carpet throughout the facility is being replaced!**

## **Wednesday, New Year's Eve (open 5:30am-5pm)**

**Regular AM Class Schedule. No PM classes will be offered.**

## **NEW YEARS DAY! WORKOUT PARTY! BRING A FRIEND!**

**OPEN 8am-5pm**

**Ask For Our Complete Schedule of New Years Day Activities!**

