


# Lima Family YMCA Break Weeks 12/18/17-1/6/18

FREE for MEMBERS/\$6 per class for Non Members

Monday 12/18/17	Tuesday 12/19/17	Wednesday 12/20/17	Thursday 12/21/17	Friday 12/22/17	Saturday 12/23/17
5:05a COMBAT Studio	5:05a BODYPUMP Studio	5:05a COMBAT Studio	5:05a BODYPUMP Studio	5:05a COMBAT Studio	9:30a BODYPUMP Studio
5:15a Cycling Bike Room	6:00a Cycling Bike Room	5:15a Cycling Bike Room	6:00a Cycling Bike Room	6:00a Kettlebell Studio	10:30a Yoga 305
6:00a Kettlebell Studio	6:05a BODYFLOW 305	6:00a Kettlebell Studio	6:05a BODYFLOW 305	8:45a SS Cardio 306	10:35a Cycling Bike Rm
6:30a CXWORX 305	7:45a CXWORX 305	6:30a CXWORX 305	7:45a CXWORX 305	9:40a Cardio/Tone Studio	 <p><i>Wishing you and yours all the best this Holiday Season. Thank you for being apart of our YMCA community!</i></p>
8:30a BODYPUMP Studio	8:20a COMBAT Studio	8:30a BODYPUMP Studio	8:20a COMBAT Studio*Sub	10:45a SS Classic 306	
9:40a Cardio/Tone Studio	8:45a SS Cardio 306	9:40a Cardio/Tone Studio	8:45a SS Cardio 306	12:10 Cycling Bike Room	
10:45a SS Classic 306	9:30a BODYPUMP Studio	10:45a SS Classic 306	9:30a BODYFLOW 305	1:00p SS Yoga 305	
12:10 Cycling Bike Room	9:30a BODYFLOW 305	12:10 Cycling Bike Room	10:45a SS Cardio 306		
1:00p SS Yoga 305	10:45a SS Cardio 306	1:00p SS Yoga 305	10:50 Parkinsons Studio		
4:30p COMBAT Studio	10:50 Parkinsons Studio	4:30p COMBAT Studio	12p Noon Strngth Studio		
4:45p TRX Express Gym	12p Noon Strngth Studio	4:45p TRX Express Gym	1:00p SS Classic 306		
5:00p AbNoxious 305	1:00p SS Classic 306	5:00p AbNoxious 305	5:30p BODYPUMP Studio		
5:30p CXWORX 305	5:30p BODYPUMP Studio	5:30p CXWORX 305	5:45p TRX Gym		
5:35p Cardio/Tone Studio	5:45p TRX Gym	5:35p Cardio/Tone Studio			
6:15p Cycling Bike Room		6:15p Cycling Bike Room			
6:45p BODYPUMP Studio		6:45p BODYPUMP Studio			

12/25/17	12/26/17	12/27/17	12/28/17	12/29/17	12/30/17
YMCA CLOSED Merry Christmas from your Lima Family YMCA	5:05a BODYPUMP Studio	5:05a COMBAT Studio	5:05a BODYPUMP Studio	5:05a COMBAT Studio	9:30a BODYPUMP Studio
	6:00a Cycling Bike Room	5:15a Cycling Bike Room	6:00a Cycling Bike Room	6:00a Kettlebell Studio	9:30a Yoga 305
	8:20a COMBAT Studio*Sub	6:00a Kettlebell Studio	8:20a COMBAT Studio*Sub	8:45a SS Cardio 306	10:30a COMBAT Studio*M/L
	8:45a SS Cardio 306	10:45a SS Classic 306		10:45a SS Classic 306	10:35a Cycling Bike Rm
	10:45a SS Cardio 306	12:10 Cycling Bike Room		1:00p SS Yoga 305	
	12p Noon Strngth Studio	1:00p SS Yoga 305			
	1:00p SS Classic 306	4:30p COMBAT Studio*Sub			
	5:45p TRX Gym	4:45p TRX Express Gym			
		5:30p CXWORX 305			

1/1/18	1/2/18	1/3/18	1/4/18	1/5/18	1/6/18
YMCA OPEN 10am-2pm Wishing you a happy & healthy New Year	5:05a BODYPUMP Studio	5:05a COMBAT Studio	5:05a BODYPUMP Studio	5:05a COMBAT Studio	<b>FITNESS PARTY</b>  Join us 9:00a-12:15p to try 30 minute samples of some of our amazing Group Exercise Classes. Stay tuned to Facebook for more details!
	6:00a Cycling Bike Room	5:15a Cycling Bike Room	6:00a Cycling Bike Room	6:00a Kettlebell Studio	
	8:45a SS Cardio 306	6:00a Kettlebell Studio	6:05a BODYFLOW 305	8:30a BODYPUMP Studio	
	9:30a BODYFLOW 305	6:30a CXWORX 305	8:20a COMBAT Studio	8:45a SS Cardio 306	
	10:45a SS Cardio 306	8:30a BODYPUMP Studio	8:45a SS Cardio 306	9:40a Cardio/Tone Studio	
	10:50 Parkinsons Studio	9:40a Cardio/Tone Studio	9:30a BODYPUMP Studio	10:45a SS Classic 306	
	12p Noon Strngth Studio	10:45a SS Classic 306	9:30a BODYFLOW 305	12:10 Cycling Bike Room	
	1:00p SS Classic 306	12:10 Cycling Bike Room	10:45a SS Cardio 306	1:00p SS Yoga 305	
	5:30p BODYPUMP Studio	1:00p SS Yoga 305	10:50 Parkinsons Studio		
	5:45p TRX Gym	4:45p TRX Express Gym	12p Noon Strngth Studio		
	6:15p Cycling Bike Room	5:00p AbNoxious 305	1:00p SS Classic 306		
	5:30p CXWORX 305	5:30p BODYPUMP Studio			
	5:35p Cardio/Tone Studio	5:45p TRX Gym			
	6:15p Cycling Bike Room	6:15p Cycling Bike Room			
	6:45p BODYPUMP Studio				