



# New Year's Schedule

## Mon. Dec. 30 – Sun. Jan. 5



### MONDAY, DEC. 30, 2024

- Aquatics - Regular Pool Hours
- Child Watch – Regular Child Watch Hours
- Rails – Regular Schedule
- Group Fitness – Regular Schedule

Happy  
New Year!



### TUESDAY, DEC. 31, 2024 YMCA OPEN 5:00AM-2:00PM

- Aquatics – Regular Pool Hours
- Child Watch – Open 8:00am-1:00pm
- Rails – **Only 5:30am, 8:30am and 12:00pm classes held**
- Group Fitness – Regular Schedule **except no 11:25am Stretch**

### NEW YEAR'S DAY – WEDNESDAY, JANUARY 1, 2025

#### YMCA OPEN 10:00AM-2:00PM

- Aquatics – Lap Swim Only 10:00AM-1:00PM
- Child Watch – Closed
- Rails – Only 10am class
- **Group Fitness classes offered:**
  - 10:00am Body Combat with Amy Flakus
  - 10:15am Yoga with Janene Papendick
  - 11:00am Pool Exercise with Barbie Peck
  - 11:15am Body Pump with Amy Flakus
  - 11:15am Drums Alive with Estelle Meyers
  - 12:10pm SPRINT with Estelle Meyers



### THURSDAY, JAN. 2, 2025

- Aquatics – Normal Pool Hours
- Child Watch – Open Regular Hours
- Rails – Regular Schedule
- Group Fitness – Regular Schedule



### FRIDAY, JAN. 3 - SUNDAY JAN. 5, 2025

- Aquatics - Regular Pool Hours
- Child Watch – Regular Child Watch hours
- Rails – Regular Schedule
- Group Fitness – Regular Schedule

