


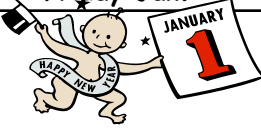


YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Holiday Group Fitness Monday Dec. 21 - Sunday Jan 3

Gold Hill YMCA

Monday Dec. 21	Tuesday Dec. 22	Wednesday Dec. 23	Thursday Dec. 24	Friday Dec. 25	Saturday Dec. 26	Sunday Dec. 27
<p>9:15am Zumba w/Marcea 10:15 am Kettlebell Pump w/ Patti</p>	<p>9:15 am Indoor Cycle w/Patti 5 pm Custom Cuts w/Miriam</p>	<p>5:45 am Abs Lab 6 am Custom Cuts w/Beth 6:15 pm Zumba w/Kim</p>	 <p>Christmas Eve Gold Hill YMCA CLOSED</p>	 <p>Merry Christmas Gold Hill YMCA Closed</p>	<p>Gold Hill YMCA Open 1 - 6 pm</p>	
Monday Dec. 28	Tuesday Dec. 29	Wed. Dec. 30	Thursday Dec. 31	Friday Jan. 1	Saturday Jan. 2	Sunday Jan. 3
<p>5:45 am Abs Lab 6 am Custom Cuts w/Cheryl</p>	<p>10 am Custom Cuts w/Silvia 5 pm Custom Cuts w/Miriam</p>	<p>5:45 Abs Lab 6:45 am Custom Cuts w/Beth 5:15 Beginner Yoga w/Janice 6:15 pm Zumba w/Kim</p>	 <p>New Year's Eve Gold Hill YMCA Open 5 am - 6 pm</p>	 <p>Happy New Year! Gold Hill YMCA CLOSED</p>	<p>9 am Custom Cuts w/Shelia 10:05 am Zumba w/Sibylle</p>	