

LIONVILLE COMMUNITY YMCA

Lionville -Eagleview Facilities

CHRISTMAS 2009 12.24.09 THROUGH 1.01.10

EAGLEVIEW:

THURSDAY Dec. 24

9:15-10:30AM Cardio Fit
10:30-11:15AM Pilates
CLOSED 12:00 NOON

FRIDAY Dec. 25

CLOSED
MERRY CHRISTMAS

SATURDAY Dec. 26

7:45-9:00AM Interval Training
9:00-10:00AM Step It Up

SUNDAY Dec. 27

10:00-11:00AM Boot Camp *New Time*

MONDAY Dec. 28

6:00-7:00AM Corporate Fit
7:00-8:00AM Lift It
9:00-10:30AM Strength, Step & Sculpt
10:45-11:45AM Basic Training
12:45-1:45PM Cardio, Core & More
5:00-5:45PM Pilates
5:45-7:00PM Zumba
7:00-7:30PM Core Galore

TUESDAY Dec. 29

6:45-8:00AM Zumba Fit *NEW*
9:15-10:30AM CardioFit
10:30-11:15AM Pilates
12:00-12:45PM Lift It
5:45-7:00PM Interval Training
7:00-8:00PM Zumba
8:00-9:00PM Yoga

WEDNESDAY Dec. 30

6:00-7:00AM Corporate Fit
7:00-8:00AM Lift It
9:00-10:30AM Interval Step Training
10:45-11:45AM Basic Training
12:45-1:45PM Cardio, Core & More
5:00-5:45PM Pilates
5:45-7:00PM Zumba *New Time*
7:00-7:30PM Core Galore

THURSDAY Dec. 31

9:15-10:30AM CardioFit
10:30-11:15AM Pilates
12:00-12:45PM Lift It

CLOSE 5:00pm
FRIDAY CLOSED

Regular schedule starts 1.4.10

LIONVILLE:

THURSDAY Dec. 24

7:00-8:00AM Spin
8:00-9:00AM Body Pump
9:15-10:30AM Kick n Step
10:35-11:45AM Basic Training

CLOSED 12:00 NOON

FRIDAY Dec. 25

CLOSED
MERRY CHRISTMAS

SATURDAY Dec. 26

9:00-10:00AM Body Pump

Sunday Dec. 27

8:45-9:45AM Body Pump
10:00-11:00AM Yoga

MONDAY Dec. 28

5:30-6:30AM Boot Camp
9:00-9:45AM Spin
9:50-10:40AM Pilates
10:45-11:45AM Body Pump
1:00-2:00PM Body Pump
6:00-7:00PM Spin
7:00-8:00PM Yoga

TUESDAY Dec. 29

7:00-8:00AM Spin
8:00-9:00AM Body Pump
9:15-10:30AM Kick n Step
10:35-11:45AM Basic Training
1:00-2:00PM Body Pump
6:00-7:00PM Body Pump
7:10-7:55PM Pilates

WEDNESDAY Dec. 30

5:30-6:30AM Boot Camp
6:00-6:45AM Spin
9:00-9:45AM Spin
9:50-10:40AM Yoga
10:45-11:45AM Body Pump
6:00-7:00PM Spin
7:00-8:00PM Yoga

THURSDAY Dec. 31

5:45-6:45AM Body Pump
7:00-8:00AM Spin
8:00-9:00AM Body Pump
9:15-10:30AM Kick n Step
10:35-11:45AM Basic Training
1:00-2:00PM Body Pump
6:00-7:00PM Body Pump
7:10-7:55PM Pilates

FRIDAY Jan. 1

HAPPY NEW YEAR!

9:00-10:00AM **Body Pump**
10:00-11:30AM **Zumba Extraganza**