



## **CLEVELAND FAMILY YMCA HOLIDAY CLASS SCHEDULE**

**Thursday, Dec. 23**

**NORMAL SCHEDULE**

**Friday, Dec. 24**

Express Classes- 30 min. each

8:05 am Muscle Max (Aerobics Studio)  
8:05 am Cycle (Cycle Studio)  
8:45 am Core to Floor (Cycle Studio)  
8:45 am Cardio (Aerobics Studio)  
9:30 am Zumba (Family Gym)  
9:30 am Barbell Blast (Aerobics Studio)  
10:15 am Zumba (Family Gym)  
10:15 am Barbell Blast (Aerobics Studio)

**ALL OTHER CLASSES CANCELED 12/24**

**Saturday, Dec. 25**

**CLOSED- MERRY CHRISTMAS!**

**Sunday, Dec. 26-**

**Friday, Dec. 31**

**NORMAL SCHEDULE**

**Saturday, Jan. 1, 2022**

**CLOSED- NEW YEAR'S DAY**

**Sunday, Jan. 2, 2022**

**NORMAL SCHEDULE**