



YMCA HEALTHY LIVING CENTER AT NORTH RIVER HOLIDAY CLASS SCHEDULE

Thursday, Dec. 23

CANCELLATIONS:

9:30 am	Cycle
10:45 am	Pedaling For Parkinson's
12:00 pm	Bootcamp

Friday, Dec. 24

ALL CLASSES CANCELED

Saturday, Dec. 25

CLOSED- MERRY CHRISTMAS!

Monday, Dec. 27

CANCELLATIONS:

3:30 pm	Rock Steady
5:45 pm	Yoga

Tuesday, Dec. 28

CANCELLATIONS:

9:30 am	Cycle
10:45 am	Pedaling For Parkinson's

Thursday, Dec. 30

CANCELLATIONS:

9:30 am	Cycle
10:45 am	Pedaling For Parkinson's

Friday, Dec. 31

CANCELLATIONS:

5:15 pm	Box Fit
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Saturday, Jan. 1, 2022

CLOSED- NEW YEAR'S DAY

Sunday, Jan. 2, 2022

NORMAL SCHEDULE