



SWEAT & SLEIGH

**NEW YEARS GROUP EX SCHEDULE
EAU CLAIRE DOWNTOWN YMCA**

**NEW YEARS DAY | THURSDAY, JANUARY 1
FACILITY HOURS: 11 AM – 7 PM
CHILD WATCH CLOSED**

11:00–11:50 AM
12:05–12:50 PM
1:00–1:50 PM
2:00–2:45 PM
5:30–6:15 PM
5:30–6:30 PM

Yoga for Longevity w/ Barb
HITT w/ Nik
Tai Chi w/ Linda
Bootcamp w/ Emily
Cycling w/ Traci
Shine Dance Fitness w/ Jeanna

Group Ex Studio
Group Ex Studio
Group Ex Studio
Group Ex Studio
Cycling Studio
Group Ex Studio



YMCA-CV.ORG/GROUPPEX