

SWEAT & SLEIGH



HOLIDAY & GROUP EX SCHEDULES EAU CLAIRE SOUTH YMCA

CHRISTMAS EVE | WEDNESDAY, DEC 24: 5 AM – 1 PM

5:30–6:15 AM	Spin with Lori	Spin Room
8:00–9:00 AM	Water Aerobics with Jennifer	Pool
8:00–9:00 AM	Pilates with Judy	Yoga Room
9:00–10:00 AM	Water Aerobics with Jennifer	Pool
9:15–10:15 AM	Yoga with Judy	Yoga Room

7:45–11:45 AM
CHILD WATCH
12/24

CLOSED: CHRISTMAS, THURSDAY, DEC 25: CLOSED

NEW YEARS EVE | WEDNESDAY, DEC 31: 5 AM – 6 PM

5:30–6:20 AM	Spin with Lori	Spin Room
8:00–9:00 AM	Water Aerobics with Jennifer	Pool
8:00–9:00 AM	Pilates with Judy	Yoga Room
9:00–10:00 AM	Water Aerobics with Jennifer	Pool
9:15–10:15 AM	Yoga with Judy	Yoga Room
4:45–5:45 PM	DanceFit with Katrina	Cardio Room

7:45–11:45 AM
CHILD WATCH
12/31

NEW YEARS DAY | THURSDAY, JANUARY 1: 11 AM – 7 PM

5:30–6:30 PM	Zumba with Cindy	Cardio Room
5:30–6:30 PM	Yoga with Barb	Yoga Room

NO CHILD
WATCH
1/1



YMCA-CV.ORG/GROUPEX