



# SWEAT & SLEIGH

## HOLIDAY GROUP EX SCHEDULE MENOMONIE EAST YMCA



### CHRISTMAS EVE | WEDNESDAY, DEC 24

5:30–6:15 AM Lift and Burn with Terri

10:30–11:30 AM Latin Dance Toning with Daisy

### CHRISTMAS, THURSDAY, DEC 25: 4:30 AM–10:00 PM WITH FOB

#### FRIDAY, DEC 26

10:30–11:30 AM Latin Dance with Daisy

#### SATURDAY, DEC 27

8–8:45 AM Total Body Strength with Brenda

#### SUNDAY, DEC 28

11:00 AM–Noon Latin Dance with Daisy

#### MONDAY, DEC 29

Normal classes

#### TUESDAY, DEC 30

5:30–6:15 AM Total Body Strength with Terry

5:10–6 PM Cardio Dance with Katie

#### NEW YEARS EVE | WEDNESDAY, DEC 31

5:30–6:15 AM Lift and Burn with Terri

#### NEW YEARS DAY | THURSDAY, JAN 1

No classes

#### JANUARY 2

No classes



[YMCA-CV.ORG/GROUPEX](https://YMCA-CV.ORG/GROUPEX)

