

TWIN RIVERS YMCA

Holiday Schedule

11/24/21 & 11/26/21

Group Exercise Room

Multi-Purpose Room

Wednesday, November 24th

6:00 am – 6:45 am Boot Camp with Natalie

7:00 am – 7:45 am Spin with David

8:00 am – 8:45 am Power Hour with Teresa

9:00 am – 9:55 am Cardio Fit Fusion with Susan

10:15 am – 11:00 am Muscle Burn with Natalie

10:00 am – 11:00 am Pilates with Pat

5:00 pm – 5:45 pm Special Needs Zumba with April

Friday, November 26th

6:00 am – 6:45 am Circuit Strength with Natalie

7:00 am – 7:45 am Spin with Hope

8:00 am – 8:45 am Forever Fit with Janice

9:00 am – 9:45 am Cardio Core with Weights with Janice

11:00 am – 11:45 am Tabata spin with Natalie