

Boots on the Ground Line Dance Christmas 12/13 @ 1-4pm **Aerobics Studio**
\$5members \$10 non-members

Holiday Cycle "Sleigh Ride" w/ Steph and Danielle S. 12/20 @9:15am **Spin Room**
Silver Sneakers "Jingle Bells Rock" Holiday Celebration 12/22 @10am **Aerobics Studio**

Monday 12/22
9am
LM Body Pump w/ Tina

10:05am
Barre w/Tina

11am
Chair Yoga w/ Andretta

6pm
Zumba w/ Tynecia

5:15pm
LM Body Combat w/ Amber

7pm
Yoga w/ Joy

Tuesday 12/23
9am
Stability Ball Training w/ Tina

10am
Chair Yoga w/ Joy

10:05am
Total Body Workout w/ Tina

6pm
Cycle w/ Arlene-Spin Room

6pm
LM Body Pump w/ Simone

Wednesday 12/24
closing at 12noon

9am
LM Body Pump w/ Tina

10:05am
Senior Strength and Balance w/ Tina

11am **Chair Yoga w/ Andretta**

Happy holidays

Thursday
12/25/25
Closed

Friday 12/26
10:15am
Senior Fitness & Balance w/ Arlene

11am
Line Dance w/ Arlene

Saturday 12/27
10:15am
Kettlebell Fitness w/ Viv

Sunday 12/28
9:30am
TRX w/ Viv

LANSDOWNE YMCA

Holiday Group Exercise



Monday 12/29
10am
Silver Sneakers w/ Elaine

7:00pm
Hatha Yoga w/ Joy

Tuesday 12/30
9am
Stability Ball Training w/ Tina

10am
Chair Yoga w/ Joy

10:05am
Total Body Workout w/ Tina

6pm
Cycle w/ Arlene

6pm
Body Pump w/ Amber

Wednesday 12/31
closing at 3pm

9am
LM Body Pump w/ Tina

10:05am
Senior Strength and Balance w/ Tina

Happy New Year!

Thursday
1/1/26 Closed

Friday 1/2/26
New 2026 Schedule begins

6:15pm
Xtreme Hip-Hop w/ Mel canceled

Saturday 1/3/26
1pm
Xtreme Hip-Hop w/ Mel canceled

