

**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 - MPR**

**10:05am**  
**Barre w/Tina**

**11am**  
**Chair Yoga w/ Andretta**  
**Aerobics Studio**

**6pm**  
**Zumba w/ Tynecia**  
**Aerobics Studio**

**5:15pm**  
**LM Body Combat w/ Amber**  
**Aerobics Studio**

**7pm**  
**Yoga w/ Joy**  
**Aerobics Studio**

**Tuesday 12/23**  
**9am**  
**Stability Ball Training w/ Tina - MPR**

**10am**  
**Chair Yoga w/ Joy - Aerobics Studio**

**10:05am**  
**Total Body Workout w/ Tina - MPR**

**6pm**  
**Cycle w/ Arlene- Spin Room**

**Wednesday 12/24**  
**closing at 12noon**

**9am**  
**LM Body Pump w/ Tina -MPR**

**10:05am**  
**Senior Strength and Balance w/ Tina MPR**

**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**

**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**