



November 23rd – December 11th Virtual Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
23 Yoga w/ Holly Silver Sneakers w/Julie Bootcamp w/Holly&Julie	24 Cross Training LIVE w/Tracy 5:45-6:30 am Zumba w/ Alison Pilates w/ Carol Scott Body Weight Toning w/Holly & Julie	25 Yoga w/ Holly Silver Cardio w/Julie Bootcamp w/Holly&Julie	26 Happy Thanksgiving!	27 Zumba w/Alison Bootcamp w/Holly & Julie Toning w/Carol Lewis
30 Yoga w/ Holly Silver Sneakers w/Julie Bootcamp w/Holly&Julie	1 Cross Training LIVE w/Tracy 5:45-6:30 am Kids Hip-hop w/Alison Body Weight Toning w/Holly & Julie	2 Yoga w/Holly &Holly Bootcamp w/Julie Silver Sneakers w/Carol Scott	3 Cross Training LIVE w/Tracy 5:45-6:30 am Silver Cardio w/Julie Pilates w/Carol Scott Toning w/Carol Lewis	4 Body Weight Toning w/Holly & Julie Zumba w/Alison
7 Yoga w/ Holly Silver Sneakers w/Julie Bootcamp w/Holly&Julie	8 Cross Training LIVE w/Tracy 5:45-6:30 am Silver Cardio w/Carol Lewis Body Weight Toning w/Holly & Julie	9 Silver Sneakers w/Carol Scott Bootcamp w/ Holly & Julie Yoga w/Holly	10 Cross Training LIVE w/Tracy 5:45-6:30 am Body Weight Toning w/Julie & Holly Zumba w/Alison Pilates w/Carol Scott	11 Bootcamp w/Holly & Julie Kids Hip-Hop w/Alison

Classes will be uploaded to our Ashland Area YMCA YouTube and shared to our YMCA Facebook Page on the dates shown