

2025 Holiday Group Exercise Schedule

December 22 – January 4

Monday 12/22

5:10am Warrior Workout
8am Cardio Mix
9am Pilates
9am Rock Steady Boxing
10:15am EnhanceFitness
1pm EnhanceFitness
5:30pm Buti Yoga

Wear RED!

Monday 12/29

5:10am Warrior Workout
8am Cardio Mix
9am Pilates
9am Rock Steady Boxing
10:15am EnhanceFitness
1pm EnhanceFitness
5:30pm Buti Yoga

Wear GREEN!

Tuesday 12/23

9am Group Power
9am Yoga
10am Core
5:30pm Yoga

Tuesday 12/30

9am Group Power
9am Yoga
10am Core
5:30pm Yoga

Wednesday 12/24

5:10am Warrior Workout
6am Cardio Pump Fusion
8am Cardio Mix
9am Rock Steady Boxing
10:15am EnhanceFitness
Y CLOSING AT 1:30PM

**Wear a FESTIVE
SWEATER!**

Wednesday 12/31

5:10am Warrior Workout
6am Cardio Pump Fusion
8am Cardio Mix
9am Rock Steady Boxing
10:15am EnhanceFitness
Y CLOSING AT 1:30PM

Thursday 12/25

**MERRY CHRISTMAS
Y CLOSED ALL DAY**

Thursday 1/1

**HAPPY NEW YEAR
Y CLOSED ALL DAY**

Friday 12/26

5:10a Warrior Workout
6am Cardio Pump Fusion
9am Cardio Pump Fusion
9am Rock Steady Boxing
10:15am EnhanceFitness

Friday 1/2

5:10a Warrior Workout
6am Cardio Pump Fusion
9am Cardio Pump Fusion
9am Rock Steady Boxing
10:15am EnhanceFitness

Saturday 12/27

9am Buti Yoga

Saturday 1/3

9am Buti Yoga

**Wishing you a Merry Christmas and
Happy New Year!**