

Cambridge Area YMCA Family Center



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
15 9:00-11:00AM <i>Pickleball</i> - Gymnasium 9:30-10:15AM <i>SilverSneakers Classic</i> w/ Courtney- 2A 10:15-11:15AM <i>Curls N Crunches</i> w/ Doree- 1A 10:30-11:15AM <i>Pilates</i> w/ Courtney- 2A 11:30AM-12:15PM <i>Slow Flow Yoga</i> w/ Carol- 2A ----- 5:15-6:00PM <i>Step</i> w/ Rachael- 1A	16 9:00-11:00AM <i>Pickleball</i> - Gymnasium 9:30-10:15AM <i>Sit-2-Fit</i> w/ Courtney- 2A 10:30-11:15AM <i>Sr Strength</i> w/ Courtney- 2A ----- 5:15-6:00PM <i>Total Body Training</i> w/ Susan- 1A	17 9:00-11:00AM <i>Pickleball</i> - Gymnasium 9:15-10:00AM <i>Indoor Cycling</i> w/ Susan- 1A 9:30-10:15AM <i>SilverSneakers Circuit</i> w/ Courtney- 2A 10:15-11:15AM <i>Curls N Crunches</i> w/ Doree- 1A ----- 5:15-6:00PM <i>Step</i> w/ Rachael- 1A 6:15-7:00PM <i>Slow Flow Yoga</i> w/ Carol- 2A	18 9:00-11:00AM <i>Pickleball</i> - Gymnasium 9:30-10:15AM <i>Sit-2-Fit</i> w/ Courtney- 2A 9:30-10:15AM <i>Slow Flow Yoga</i> w/ Carol- 1A 10:30-11:15AM <i>Sr Strength</i> w/ Carol- 2A ----- 5:15-6:00PM <i>Muscle Up!</i> w/ Tasha- 1A	19 9:00-11:00AM <i>Pickleball</i> - Gymnasium 9:15-10:00AM <i>Pilates</i> w/ Rachel- 1A 9:30-10:15AM <i>SilverSneakers Classic</i> w/ Courtney- 2A	20 9:15-10:15AM <i>Cycle & Strength</i> w/ Susan- 1A

To Register:

NAME: _____

PHONE: _____

Please check FACEBOOK @cambridgeareay for Class Cancellations



APPLE STORE

GOOGLE PLAY

Cambridge Area YMCA Family Center



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
22	23	24	25	26	27
9:00-11:00AM <i>Pickleball</i> - Gymnasium	9:00-11:00AM <i>Pickleball</i> - Gymnasium	9:00-11:00AM <i>Pickleball</i> - Gymnasium	CLOSED	9:00-11:00AM <i>Pickleball</i> - Gymnasium	9:15-10:00AM <i>Indoor Cycling</i> w/ Susan- 1A
9:30-10:15AM <i>SilverSneakers Classic</i> w/ Courtney- 2A	9:30-10:15AM <i>Sit-2-Fit</i> w/ Courtney- 2A	10:15-11:15AM <i>Curls N Crunches</i> w/ Janna- 1A			10:15-11:00AM <i>Total Body Tabata</i> w/ Tasha- 1A
10:15-11:15AM <i>Curls N Crunches</i> w/ Doree- 1A	10:30-11:15AM <i>Sr Strength</i> w/ Courtney- 2A	CLOSE @ NOON			
10:30-11:15AM <i>Pilates</i> w/ Courtney- 2A	-----				
11:30AM-12:15PM <i>Slow Flow Yoga</i> w/ Carol- 2A	5:15-6:00PM <i>Total Body Training</i> '12 Days of Christmas' w/ Susan- 1A				

5:15-6:00PM <i>Step</i> w/ Rachael- 1A					

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	JAN 1	2	3
9:00-11:00AM <i>Pickleball</i> - Gymnasium	9:00-11:00AM <i>Pickleball</i> - Gymnasium	9:00-11:00AM <i>Pickleball</i> - Gymnasium	CLOSED	9:00-11:00AM <i>Pickleball</i> - Gymnasium	9:15-10:00AM <i>Indoor Cycling</i> w/ Susan- 1A
9:30-10:15AM <i>SilverSneakers Classic</i> w/ Courtney- 2A	9:30-10:15AM <i>Sit-2-Fit</i> w/ Courtney- 2A	9:15-10:00AM <i>Indoor Cycling</i> w/ Susan- 1A		9:30-10:15AM <i>SilverSneakers Classic</i> w/ Courtney- 2A	10:15-11:00AM <i>Total Body Tabata</i> w/ Tasha- 1A
10:15-11:15AM <i>Curls N Crunches</i> w/ Doree- 1A	10:30-11:15AM <i>Sr Strength</i> w/ Courtney- 2A	9:30-10:15AM <i>SilverSneakers Circuit</i> w/ Courtney- 2A			
10:30-11:15AM <i>Pilates</i> w/ Courtney- 2A	-----	CLOSE @ NOON			
11:30AM-12:15PM <i>Slow Flow Yoga</i> w/ Carol- 2A	5:15-6:00PM <i>Total Body Training</i> w/ Susan- 1A				

5:15-6:00PM <i>Step</i> w/ Rachael- 1A					