

Cambridge Area YMCA Family Center



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

To Register:

NAME:

PHONE: _____

**Please check FACEBOOK
@cambridgeareay for Class
Cancellations**



APPLE STORE

GOOGLE PLAY

Cambridge Area YMCA Family Center



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
22 9:00-11:00AM <i>Pickleball</i> - Gymnasium	23 9:00-11:00AM <i>Pickleball</i> - Gymnasium	24 9:00-11:00AM <i>Pickleball</i> - Gymnasium	25 CLOSED	26 9:00-11:00AM <i>Pickleball</i> - Gymnasium	27 9:15-10:00AM <i>Indoor Cycling</i> w/ Susan- 1A
9:30-10:15AM <i>SilverSneakers</i> <i>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	5:15-6:00PM <i>Total Body Training</i> '12 Days of <i>Christmas</i> ' w/ Susan- 1A				
11:30AM-12:15PM <i>Slow Flow Yoga</i> w/ Carol- 2A					

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

To build strong kids, strong families, and strong communities by providing educational, social, and physical education programs focusing on life skills, citizenship, character development, and health.

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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	29	30	31	JAN 1	2
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</i> <i>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</i> <i>Classic</i> w/ Courtney- 2A	10:15-11:00AM <i>Total Body Tabata</i> w/ Tasha- 1A
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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>Step</i> w/ Rachael- 1A					

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