

# William G. White Family Jr. YMCA

## December Yoga/Pilates

**YGROUP EXERCISE**<sup>TM</sup>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>Classes in Bold are new!!!</b>	<b>1</b> 8:00- Gentle Yoga- Jacob 9:30-GentleYoga- Jacob 10:35- Pre-Natal Yoga- Mary 6:45 -ROCKILATES- Cecile	<b>2</b> 9:30- Yoga Pump- Colleen 10:45-Yoga II"-Julia 12:00- Pilates Intervals"- Linda M 4:15 Pilates – Cecile 6:00- Pilates Pump- Cecile 6:35 Beginner's Yoga"- Teresa	<b>3</b> 8:00- Gentle Yoga- Jacob 9:30-GentleYoga- Jacob 5:30- Yogilates-Linda M 6:45- Yoga II- Nancy	<b>4</b> 6:00- Yoga- Kriss 8:30 Yogilates I- Colleen 9:35-Yogilates II-Colleen 12:00- Pilates Intervals- Linda M 4:15- Pilates- Cecile 5:45-Power Pilates- Linda B	<b>5</b> 8:00- Gentle Yoga- Jacob 9:30-GentleYoga- Jacob 10:35-Ballet Barre"- Mackenzie In Aerobics Room	<b>6</b> <b>Mistletoe Race</b>	
	<b>7</b>	<b>8</b> 8:00- Gentle Yoga- Jacob 9:30-GentleYoga- Jacob 10:35- Pre-Natal Yoga- Mary 6:45 -ROCKILATES- Cecile	<b>9</b> 9:30- Yoga Pump- Colleen 10:45-Yoga II"-Julia 12:00- Pilates Intervals"- Linda M 4:15 Pilates – Cecile 6:00- Pilates Pump- Cecile 6:35 Beginner's Yoga"- Colleen	<b>10</b> 8:00- Gentle Yoga- Jacob 9:30-GentleYoga- Jacob 5:30- All Yoga- Jacob 6:45- Yoga II- Nancy	<b>11</b> 6:00-Yoga- Kriss 8:30 Yogilates I- Colleen 9:35-Yogilates II-Colleen 12:00- Pilates Intervals- Linda M 4:15- Pilates- Cecile 5:45-Power Pilates- Linda B	<b>12</b> 8:00- Gentle Yoga- Jacob 9:30-GentleYoga- Jacob	<b>13</b> 11:00-Yoga II"-Julia
	<b>14</b> 4:30-All Yoga"-Nancy	<b>15</b> 8:00- Gentle Yoga- Jacob 9:30-GentleYoga- Jacob 10:35- Pre-Natal Yoga- Mary 6:45 ROCKILATES- Cecile	<b>16</b> 9:30-Yoga Pump"- Colleen 10:45-Yoga II"-Julia 12:00- Pilates Intervals"- Linda M 4:15 Pilates- Cecile 6:00- Pilates Pump- Cecile 6:35- Beginner's Yoga"- Teresa	<b>17</b> 8:00- Gentle Yoga- Jacob 9:30-GentleYoga- Jacob 5:30- All Yoga - Jacob 6:45- Yoga II- Nancy	<b>18</b> 6:00- Pilates- Olivia 8:30 Yogilates I- Colleen 9:35-Yogilates II- Colleen 12:00- Pilates Intervals- Linda M 4:15- Pilates- Cecile 5:45- Power Pilates- Linda B	<b>19</b> 8:00- Gentle Yoga- Jacob 9:30-GentleYoga- Jacob 10:35-Ballet Barre"-Mackenzie In Aerobics Room	<b>20</b> 11:00-Yoga II"-Julia
	<b>21</b> 4:30-All Yoga"- Jacob	<b>22</b> 8:00- Gentle Yoga- Jacob 9:30-GentleYoga- Jacob 10:35- Pre-Natal Yoga-Mary 6:45 ROCKILATES- Cecile	<b>23</b> 9:30-Yoga Pump"- Colleen 10:45-Yoga II"-Julia 12:00- Pilates Intervals"- Linda M 4:15 Pilates –Cecile 6:00- Pilates Pump- Cecile 6:35- Beginner's Yoga"- Jacob	<b>24</b> 8:00- Gentle Yoga- Jacob 9:30-GentleYoga- Jacob	<b>25</b> Merry Christmas!	<b>26</b> 8:00- Gentle Yoga- Jacob 9:30-GentleYoga- Jacob	<b>27</b> 11:00 Yoga II"-Jean
<b>28</b> 4:30-All Yoga "- Nancy	<b>29</b> 8:00- Gentle Yoga- Jacob 9:30-GentleYoga- Jacob 10:35- Pre-Natal Yoga- Mary 6:45 ROCKILATES- Cecile	<b>30</b> 9:30-Yoga Pump"- Colleen 10:45-Yoga II"-Julia 12:00- Pilates Intervals"- Linda M 4:15 Pilates –Cecile 6:00- Pilates Pump- Cecile 6:35- Beginner's Yoga"- Teresa	<b>31</b> 8:00- Gentle Yoga- Jacob 9:30-GentleYoga- Jacob				

*Our Mission: Helping people reach their God-given potential in spirit, mind and body.*