

Ingersoll Community Services Holiday Fitness Schedule

December 23 - December 29, 2019

	MON 23	TUES 24	WED 25	THURS 26	FRI 27	SAT 28	SUN 29
Group Fitness	Holiday Cycle 5:45-6:15 am				Holiday Cycle 5:45-6:15 am		
	Low & Tone 8:30-9:15am				Holiday Cycle 8:30-9:15 am		
	Super Step 9:30-10:30am				Muscle Up 9:30-10:30am		Strength & Cardio 9:15-10:45am
	Holiday Cycle 12:00-12:30pm		CLOSED CHRISTMAS DAY	CLOSED BOXING DAY	Holiday Cycle 12:00-12:30pm		
	Yoga 5:45-6:45pm				Strength & Cardio 5:30-6:30pm		
	Yin Yoga 7:00-8:00pm						
Weight Room Hours	5:30am-9pm	9am-3pm			5:30am-9pm	6am-6pm	9am-5pm

Members: FREE

Non-Members: Adults \$8.00 / Seniors \$7.00

Ingersoll Community Services

Holiday Fitness Schedule

December 30, 2019 - January 5, 2020

	MON 30	TUES 31	WED 1	THURS 2	FRI 3	SAT 4	SUN 5
Group Fitness	Holiday Cycle 5:45-6:15 am				Holiday Cycle 5:45-6:15 am		
	Holiday Cycle 8:30-9:15am			Holiday Cycle 8:30-9:15am	Holiday Cycle 8:30-9:15 am		
	Circuit 9:30-10:30am			Body Tone 9:30-10:30am	Muscle Up 9:30-10:30am		Strength & Cardio 9:15-10:45am
	Holiday Cycle 12:00-12:30pm		CLOSED NEW YEARS DAY		Holiday Cycle 12:00-12:30pm		
	Yoga 5:45-6:45pm			Yoga 5:45-6:45pm	Strength & Cardio 5:30-6:30pm		
	Holiday Cycle 7:00-7:45pm			Holiday Cycle 7:00-7:45pm			
Weight Room Hours	5:30am- 9pm	9am-3pm		5:30am-9pm	5:30am-9pm	6am-6pm	9am-5pm

Members: FREE

Non-Members: Adults \$8.00 / Seniors \$7.00