



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## HCY ADULT GROUP FITNESS CLASSES HOLIDAY SCHEDULE

**SUNDAY, MAY 26, 2019**

### **DEER PATH:**

- 8:00am IGNITE! w/Pete K. (FS)**
- 8:15am DEFEND TOGETHER w/Liz P. (MPR)**
- 9:15am YOGA w/Janette L. (MPR)**

### **ROUND VALLEY:**

- 8:30am CARDIO STEP w/Lauri V. (PR)**
- 9:30am STRENGTH TRAIN TOGETHER w/Lisa B. (PR)**

**MEMORIAL DAY  
MONDAY, MAY 27, 2019**

### **DEER PATH:**

- 9:00am STRENGTH TRAIN TOGETHER w/Sara H. (MPR)**
- 10:00am BALANCE & FLEX TOGETHER w/Sara H. (MPR)**

### **ROUND VALLEY:**

- 8:30am STRENGTH TRAIN TOGETHER w/Wendy C. (PR)**
- 9:30am STEP & SCULPT w/Carrie G. (FS)**
- 9:30am VIRTUAL CYCLING w/Renee M. (CR)**

**HCY FACILITY HOLIDAY HOURS**

**MEMORIAL DAY MONDAY**

**5:00am to 3:00pm**

**Child Watch Hours 9:00am to 12:00pm**

**Deer Path – MPR = MultiPurpose Room / FS = Fitness Studio**

**Round Valley – PR = Program Room / FS = Fitness Studio / CR = Cycling Room**