



ALTRU FAMILY YMCA 2024-2025

CHRISTMAS HOLIDAY GROUP FITNESS & PROGRAM CHANGES

Classes run as-scheduled if not noted (subject to change).

Monday, Dec 23

- No 4:30 pm BOOM
- Childcare Closed

Tuesday, Dec 24

The Y is open 5:30 am - 2:00 pm

- No classes after 2:00 pm
- No 9:30 am YogaFlex
- No 10:30 am Rock Steady Boxing
- No 1:30 pm Silver Splash
- Childcare Closed

Wednesday, Dec 25

The Y is closed. Merry Christmas!

Thursday, Dec 26

- No 4:30 pm NuBody
- No 4:30 pm Group Cycling

Friday, Dec 27

- Y is open normal hours

Saturday, Dec 28

- Y is open normal hours
- No 8:15 am NuBody

Sunday, Dec 29

- Y is open normal hours

Monday, Dec 30

- Y is open normal hours
- Childcare Closed

Tuesday, Dec 31

The Y is open 5:30 am - 2:00 pm

- No classes after 2:00 pm
- No 1:30 pm Silver Splash
- Yoga at 10:00 am instead of noon
- Childcare Closed

Wednesday, Jan 1

The Y is open 8:00 am - 2:00 pm

- No Water Ex Classes
- Childcare Closed
- Lap swim available 8:30-11:30 am
- No Group Ex classes, except Cycling will be available at 12:10 pm

Jan 2-5

- Y is open normal hours
- Classes run as-scheduled
- Childcare Open

Y Building Hours

Dec 24 5:30 am - 2:00 pm
 Dec 25 Y is Closed
 Dec 31 5:30 am - 2:00 pm
 Jan 1 8:00 am - 2:00 pm

