



## Hillcrest Family YMCA | December 25th - December 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Darebee HIIT</b>						10:00AM-10:50AM (Group Exercise Classes) <i>Josh</i>	
<b>Resistance Training</b>						11:00AM-11:50AM (Group Exercise Classes) <i>Josh</i>	
<b>Men's League</b>							9:00AM-1:00PM (Sports Leagues) <i>Tracey P.</i>