




Holiday Group Exercise Schedule

December 24 - January 1 ONLY

Tuesday Dec. 24	Wednesday XMAS Day	Thursday Dec. 26	Friday Dec. 27	Saturday Dec. 28	Sunday Dec. 29	Monday Dec. 30	Tuesday Dec. 31	Wednesday New Year's Day
DTCC Open 8 am - Noon Only	 <p>Derry Township Community Center CLOSED</p> <p>Merry Christmas!</p>	8:00 - 8:45 am Chisel Kim F.	5:45 - 6:30 am Full Body Strength Amy	7:45 - 8:30 am Barre Pat & Kim		5:45 - 6:30 am Full Body Strength Amy	DTCC Open 8 am - Noon Only	<p>2025</p> <p>Derry Township Community Center CLOSED</p> <p>Happy New Year!</p>
9:00 - 9:45 am Level 1 Cycling Pat		8:00 - 8:45 am Cycling Bob		8:30 - 9:15 am Level 1 Cycling Bob		8:00 - 8:45 am Barre Pat	8:00 - 8:45 am Level 1 Cycling Bo	
9:00 - 9:45 am Pound Melissa		9:00 - 9:45 am Level 1 Cycling Kathy	9:00 - 9:45 am Yoga Carly	9:00 - 9:45 am Strength & Tone Ashley	9:30 - 10:15 am Core & More Yoga Christy	9:00 - 9:45 am SilverSneakers Circuit Kathy	9:00 - 9:45 am Level 1 Cycling Pat	
10:00 - 11:00 am Yoga Flow Hanna		9:00 - 9:45 am Yoga Carly		9:30 - 10:15 am Zumba® Molly	9:15 - 10:00 am Cycling Stephany		9:00 - 9:45 am Pound Melissa	
<p>Derry Township Community Center CLOSED</p> <p>Noon - 9 pm</p>		11:00 - 11:45 am Reliency & Mobility Deb	10:00 - 10:45 am Level 1 Strength Kim		10:00 - 10:45 am Yoga Alyssa	10:00 - 10:45 am Zumba® Molly	10:00 - 11:00 am Yoga Flow Hanna	
			5:00 - 5:45 pm LaBlast® Janice					
			5:30 - 6:30 pm Cycle Sculpt Sirae				5:30 - 6:30 pm Cycle Sculpt Christy	
		6:15 - 7:00 pm Vinyasa Yoga Janna				6:45 - 7:30 pm Pound Melissa		
							<p>Derry Township Community Center CLOSED</p> <p>Noon - 9 pm</p>	

Color indicates class location:

- Group Exercise 1 Studio
- Group Exercise 2 / Spin Studio
- Large Group Fitness Studio



A new schedule will begin January 2, 2025.