



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Holiday Schedule



Christmas Eve

- Open 5:00 a.m. to 2:00 p.m.
- 5:15, 8:15, 9:30 and 10:30 a.m. group exercise classes are on as scheduled.
- CrossFit 5:15 a.m., 6:15 a.m., 12:15 p.m. classes are on as scheduled.

Christmas Day

Closed to serve and deliver holiday dinners.

New Year's Eve

- Open 5:00 a.m. to 2:00 p.m.
- 5:15, 8:15, 9:30 and 10:30 a.m. group exercise classes are on as scheduled.
- CrossFit 5:15 a.m., 6:15 a.m., 12:15 p.m. classes are on as scheduled.

New Year's Day

- Open 8:00 a.m. to 2:00 p.m.
- No group exercise classes. Child Watch is closed.
- CrossFit one 12:15 p.m. class will be held.

We will follow our regular schedule on all other days.

MERIDEN YMCA

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www.meridenymca.org

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