

Get Healthy Now WELLNESS CENTER

2016/2017 *Holiday Schedule*



Plan ahead to make sure your wellness goals are met during the holiday season. The YMCA & Get Healthy Now give UofL employees the gift of fitness over Winter Break – see flyer for more details. Have a safe & happy holiday!

| Dates | Hours of Operation | |
|--------------------------|---|---|
| Wed, December 21, 2016 | CLOSED for Deep Cleaning of the GHN Wellness Center | |
| Thurs, December 22, 2016 | | |
| Fri, December 23, 2016 | | |
| Sat, December 24, 2016 | CLOSED for Holiday Observance | |
| Sun, December 25, 2016 | | |
| Mon, December 26, 2016 | | |
| Tues, December 27, 2016 | 10:00 am – 4:00 pm | Group Fitness: <ul style="list-style-type: none"> • 10:30-11am: Fit in 30! • 11am-3pm: Open Gym |
| Wed, December 28, 2016 | 10:00 am – 4:00 pm | Group Fitness: <ul style="list-style-type: none"> • 10:30-11am: InCycle • 11am-3pm: Open Gym |
| Thurs, December 29, 2016 | 10:00 am – 4:00 pm | Group Fitness: <ul style="list-style-type: none"> • 10:30-11am: Fit in 30! • 11am-3pm: Open Gym |
| Fri, December 30, 2016 | 10:00 am – 4:00 pm | Group Fitness: <ul style="list-style-type: none"> • 10:30-11am: InCycle • 11am-3pm: Open Gym |
| Sat, December 31, 2016 | CLOSED for Holiday Observance | |
| Sun, January 1, 2017 | | |
| Mon, January 2, 2017 | | |
| Tues, January 3, 2017 | 6:00am – 9:00 pm Normal Hours of Operation* | |

Visit reception or contact ghn@louisville.edu or 852-7755 with questions.

*Normal Hours of Operation: Mon-Fri: 6 a.m.-9 p.m. | Sat.: 9 a.m.-5 p.m. | Sun.: 12 p.m.-5 p.m.