Black Friday Burn Class Schedule

November 27th



6:00a-7:00a	8:30a-9:15a	9:30a-10:30a	10:30a-11:30a	12:15p-1:15p
YOGA	TABATA	CHRISTMAS ZUMBA	Fit to Fight Parkinsons	YOGA
Cathy	Allison	Sam	Cathy & Marcheta	Cathy
Aerobics Room	Aerobics Room	Aerobics Room	Aerobics Room	Aerobics Room

Move the Day After Thanksgiving!

Join us for a special Group Fitness Schedule the day after Thanksgiving.

YMCA members enjoy unlimited guest passes—bring your family and friends and try out a class together!