



THANKSGIVING WEEK GROUP FITNESS MODIFIED SCHEDULE

November 24, 2025 - November 29, 2025

***ON DEMAND FITNESS** available anytime a live class is not taking place

Monday, Nov. 24th

8:00A - 8:50A: STRETCH with Bob R.; Studio A

9:30A - 10:30A: 3G with Julia L.; Studio B

Tuesday, Nov. 25th

5:45A - 6:30A: REV + FLOW with Rosa K.; Studio B

6:00A - 6:45A: SPIN with Ashley K.; Studio C

8:00A - 8:50A: SENIOR STRENGTH with Donna W.; Studio A

9:30A - 10:30A: GENTLE YOGA with Meral J.; Studio A

5:30P - 6:30P: BODYBALANCE with Teresa M.; Studio A

6:00P - 6:45P; 3G with Kim L.; Studio B

Wednesday, Nov. 26th

8:00A - 8:50A: STRETCH with Bob R.; Studio A

9:40A - 10:25A; BODYBALANCE with Kacey J.; Studio A

Thursday, Nov. 27th

HAPPY THANKSGIVING!!

YMCA Facility Closed

Join us for the Y's inaugural Turkey Trot Event!

Friday, Nov. 28th

8:00A - 8:50A: STRETCH with Bob R.; Studio A

9:30A - 10:30A: REFIT with Rosa K.; Studio A

10:35A - 11:20A; BODYBALANCE with Teresa M.; Studio A

Saturday, Nov. 29th

8:35A - 9:20A: BODYBALANCE with Chasity N.; Studio A

9:40A - 10:35A: ZUMBA with Zandra S.; Studio A

