

DOWNTOWN FAMILY YMCA

Modified Group Exercise Schedule Thanksgiving Week Nov. 20-24

Wednesday, Nov. 22

NORMAL CLASS SCHEDULES

Thursday, Nov. 23
Thanksgiving Day

Open 6-10 a.m.
Wellness Floor & Lap Pool (no childwatch)

Friday, Nov. 24

5 a.m.	Advanced Conditioning	Shelly
8:30 a.m.	Pilates/Barre	Bebe
10 a.m.	Body Pump	Tina
10:30 a.m.	Senior Fitness/Low Impact Circuit Combo	Lynn
12 p.m.	Pump	Katie
12 p.m.	WERQ	Sarah
12 p.m.	CrossFit	
1:15 p.m.	Yin/Yang Stretch Yoga	Blan

Saturday, Nov. 25

NORMAL CLASS SCHEDULES RESUME



ymcachattanooga.org