

HAMILTON FAMILY YMCA

Modified Group Exercise Schedule

Thanksgiving Day

**OPEN 6-10 A.M.
THANKSGIVING DAY**

Wellness Floor, Pool &
Modified Child Watch
7-10 a.m.

• **6:30-7:30 a.m.**

Thankspinning Ride (Cycle)



• **7:30-8:30 a.m.**

Thankspinning Ride (Cycle)

Participate in one or BOTH
RIDES for a 2 hour workout!

• **8- 9 a.m.**

Turkey Fat 'Burn' (Bootcamp Class)

• **8:45-9:45 a.m.**

Wobble Before You Gobble (Zumba Class)

• **8:45-9:30 a.m.**

The Gobble Hobble (Guided Treadmill Workout)

All other classes on Thanksgiving Day are canceled.

No water aerobics.



ymcachattanooga.org

Our Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.