



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GOBBLE WOBBLE THANKSGIVING DAY WORKOUT

Thursday, November 28, 7-9 a.m.

Both Branches

(The facility is ONLY open for this workout)

KERASOTES

- WERQ - 30 min.
- Zumba - 30 min.
- Hip Hop - 30 min.
- MashUp - 30 min.

Suggested \$5 Donations for YMCA Strong Kids

DOWNTOWN

- Ultimate Workout

Suggested \$5 Donations for YMCA Strong Kids

*Come Shake Your
Tail Feathers!*

**EVERYONE
WELCOME!
OPEN TO THE
COMMUNITY**

For more information contact:

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Group Fitness Coordinator
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