



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THANKSGIVING DAY OUTDOOR CLASSES

Workout First, Gobble Later!

THURSDAY, NOVEMBER 26
9:00-10:00AM

Choose from 2 classes, both starting at 9:00am

CLASS	TIME	LOCATION	INSTRUCTOR
Spin	9:00 - 10:00am	Pavilion	Pete
Boot Camp	9:00-10:00am	Back Parking Lot	Deanna

Please note: YMCA will be closed; therefore the bathrooms will not be accessible. Please bring your own towel and water bottle.

As always, be sure to make your reservation for either class. Limited enrollment.



LAKELAND HILLS FAMILY YMCA

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