



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CELEBRATE GOOD HEALTH

Thanksgiving Group Exercise Schedule STONESTOWN FAMILY YMCA

Thanksgiving Day, 11/28/13, we will be open 7:00am–1:00pm

On Thanksgiving day we have shorter holiday hours. Thankfully we have created a special group exercise schedule for the day.

Burn calories and have a great ride in our Cycling Studio

Buzz: 7:10am
Elaine: 8:20am
Eileen: 9:30am

Strut Your Stuffing at the Turkey Day Dance-a-thon Buffet

9:00am–11:00am
With Brenda, Carol, Jackie, Teresa, and Terry
Gymnasium

Find Balance and Tranquility before the family circus

Yogaflow
With Lisa and Stephanie
11:00am – 12:15pm
Wellness Studio

For more information contact:

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