



ALTRU FAMILY YMCA
GROUP FITNESS CLASSES

THANKSGIVING WEEK Schedule Changes

- **Wednesday, Nov 25 4:30/5:00 BOOM classes are cancelled.**

- **Thursday, Nov 26 Total Body Fusion will switch to Wednesday, Nov 25.**

- **Friday, Nov 27 5:35 am Sunrise Yoga is cancelled.**

- **Friday, Nov 27 9:30 am SilverSneakers Classic is cancelled.**

- **Friday, 6:00 am class will be offered: Cycling with Jenny followed by Strength with Shanel.**

- **Sonia will teach a cycling class on Friday, Nov 27 at 8:00 am.**



Have a safe & happy
Thanksgiving!