



ALTRU FAMILY YMCA  
**GROUP FITNESS CLASSES**

# THANKSGIVING WEEK Schedule Changes

- Wednesday, Nov 24 - **4:30/5:00 BOOM** classes are cancelled.

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- Wednesday, Nov 24 - **5:45 B.R.I.C.K.S.** is cancelled.

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- No **4:00 Pilates** classes on Nov 24, Nov 29, Dec 1.

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- Wednesday, Nov 24 - **7:00 Beginner Boxing** is cancelled.

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- Saturday, Nov 27 - 10:00 am **Hatha Yoga & Somatics** is cancelled.

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Have a safe & happy Thanksgiving!

