



July 4th Holiday Schedule Changes



Wednesday, July 2

- No 5:30 am Yoga
- No 4:30 pm BOOM Muscle & Move
- No 7:00 pm Beginner Boxing

Thursday, July 3

- No 11:05 am Outdoor Water Exercise
- No 4:30 pm Group Cycling

Friday, July 4

THE Y IS CLOSED

Join us for the Firecracker 5K/10K
and Free Kiddie Run at 8:00 am, downtown.

- No 11:05 am Outdoor Water Exercise @ Elks Pool

Saturday, July 5

- The Y is open 7:00 am–6:00 pm.
- Shallow Water Power (9 am) IS ON AS-SCHEDULED

Sunday, July 6

- The Y is open 11:00 am–6:00 pm.



Altru Family YMCA
215 N 7th Street
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www.gfymca.org

