



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THANKSGIVING GROUP EXERCISE SCHEDULE RITE-HITE FAMILY YMCA

NOVEMBER 22nd

No 7:00pm Zumba

NOVEMBER 23rd

Center closed for Thanksgiving

NOVEMBER 24th

AM

5:30-6:15am	Boot Combat	SG Studio	Shanda
6:00-7:00am	BODYPUMP	Studio 6	Rotation
6:30-6:50am	Y-Core	Studio 7	Shanda
8:00-9:00am	Senior Fitness	Studio 7	Liza
9:00-10:00am	Y-Cycle	Cycling Studio	Rotation
9:15-10:15am	BODYPUMP	Studio 6	Eva
9:15-10:15am	BODYSTEP Athletic	Studio 7	Jenny N
10:30-11:30am	BODYPUMP	Studio 6	Karen
10:30-11:20am	Zumba	Studio 7	Gina
11:30am-12:30pm	Yoga	Studio 7	Sue E

We'll resume our normal schedule on Saturday, November 25th.

For group exercise questions, please contact Timeka Boone Group Exercise Coordinator at 414-374-9405 or tboone@ymcamke.org.